

diabetic LIVING®

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*"Running & physical activity
quite literally keeps my
mental health in check"*

Imogen



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Exercise physiologist & diabetes educator

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Dr Ramy Bishay

Endocrinologist & bariatric physician

Ramy is a weight loss, diabetes and obesity specialist and director of Blacktown Hospital's Metabolic and Weight Loss Program in New South Wales.



It's time to focus on you

What an interesting time it has been these past months as we all learned to cope with the challenges and realities of living through a pandemic. I hope you and your family have stayed safe and well and that we can look forward to things slowly returning to a new normal.

One of the things I've taken from it is that maintaining our physical and mental health is just so critical, and we must take personal responsibility for this in whatever way we can.

To that end, we've packed this issue with features to help you focus on you and your health. We know dealing with diabetes can be tough, and that depression can be the result. Our diabetes educator, Dr Kate Marsh, tackles this topic on page 94, with good ideas on how to beat burnout.

Making yourself a priority can be difficult when you have family and friends pulling you in every direction, so take a look at the feature on page 88 to discover why and how to make some positive changes. Meanwhile,

staying home these past months may have put a dent in your exercise routine, but it's time to get back on track. Grab your walking shoes and head out with our guide on page 122, or go online for literally thousands of exercise classes (page 119). We've also found sneaky ways to add exercise to your day (page 126) – you'll hardly notice, but your body will!

Eating well is, of course, a key component of good health and our recipes are all about delicious winter eating. We've got meat-free slow cooker recipes (page 30) and easy dinners done quickly in a pressure cooker (page 60). There's also an extract from our new Low-Carb Recipe Collection – get a sneak peek on page 36 – and pasta dinners for when you crave comfort (page 48).

What's your favourite winter food? We would love to hear from you via email or through Instagram.

Alix

Alix Davis, Editor

JOIN US ON...

Need more inspiration to eat well and exercise? You'll find more great recipes and loads of ideas on our website.



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Diabetes Australia and JDRF are proud to support *Diabetic Living*. While all care has been taken in the preparation of the articles in this magazine, they should only be used as a guide, as neither Bauer Media Pty Limited nor Diabetes Australia is able to provide specific medical advice for people with diabetes or related conditions. Before following any health advice given in this magazine, please consult your healthcare professional. Recipes that are gluten free or have gluten-free options have been approved by Coeliac Australia.



JUST diagnosed

START
HERE

A diagnosis of diabetes can be scary at first – don't panic, we're here to help



DIABETES 101

Getting your head around "diabetes lingo"? Read on...

- **When should I test my blood glucose levels (BGLs)?** This varies depending on the type of diabetes and your medication, but possible times include before meals, two hours after eating, before bed, before you exercise and if you're feeling unwell.
- **What should my BGLs be?** As a guide, if you have type 1 diabetes, a healthy target to aim for is 4-6mmol/L before you eat, and 4-8mmol/L two hours after starting a meal. If you have type 2 diabetes, aim for 6-8mmol/L

before meals, and 6-10mmol/L two hours after starting a meal. Ask your doctor or Credentialed Diabetes Educator for more guidance.

- **What's mmol/L?** It stands for millimoles per litre of blood, and is how BGLs are measured.

● **What's HbA1c?** It's your average BGLs over a period of 10-12 weeks and, used in conjunction with the blood glucose monitoring you do yourself, paints a picture of your blood glucose management. Your doctor will arrange a HbA1c test every three to six months.



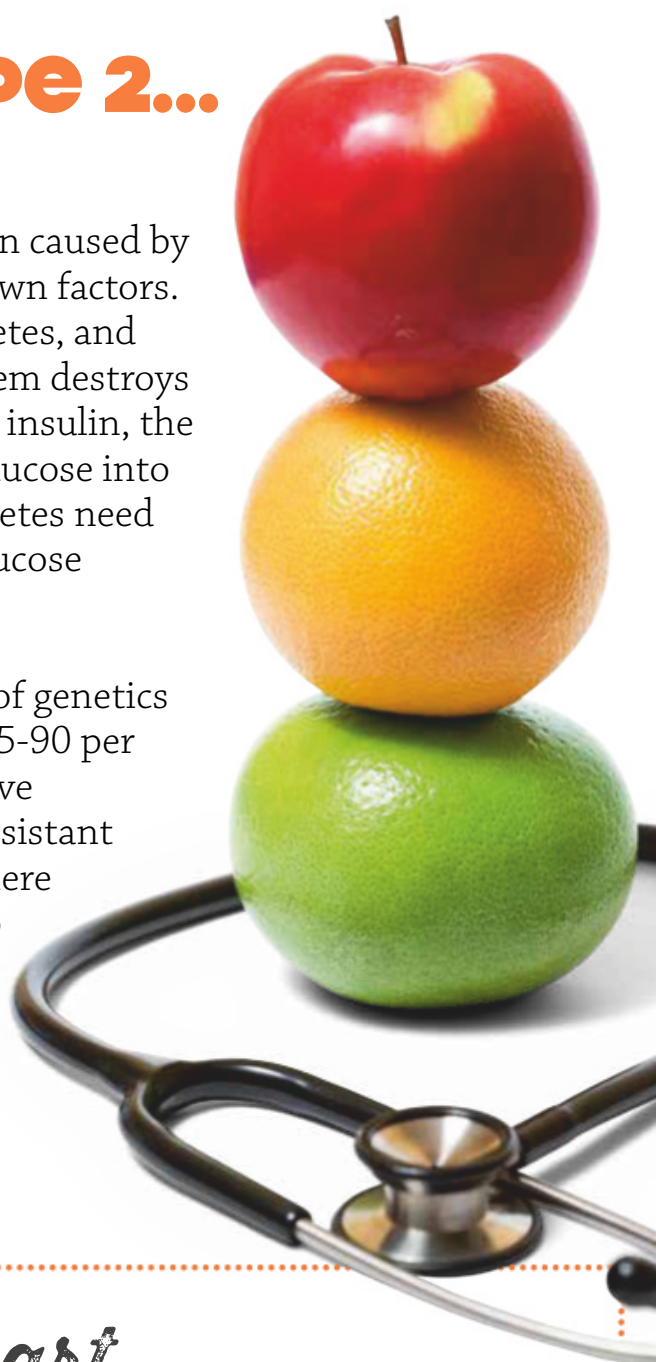
- **What's a hypo?** It's when BGLs drop below 4mmol/L. A hypo can make it hard to concentrate, so some activities (like driving) aren't safe, and it needs to be treated quickly using specific foods. Only people who take insulin or some types of glucose-lowering tablets are at risk of a hypo.
- **Will I have to use insulin?** Yes, if you have type 1. But 50 per cent of people with type 2 will also need insulin six to 10 years after being diagnosed, because the pancreas produces less insulin over time.
- **What's pre-diabetes?** It's when BGLs are higher than normal, but not high enough for a type 2 diagnosis. Lifestyle changes can delay or prevent pre-diabetes from becoming type 2.

TYPE 1 AND TYPE 2...

What's the difference?

● **Type 1** is an auto-immune condition caused by a combination of genetics and unknown factors. It accounts for 10 per cent of all diabetes, and occurs when the body's immune system destroys the cells in the pancreas that produce insulin, the hormone that's vital for converting glucose into energy. People living with type 1 diabetes need to use insulin to reduce the level of glucose circulating in their blood.

● **Type 2** is caused by a combination of genetics and lifestyle factors. It accounts for 85-90 per cent of all diabetes, and is a progressive condition where the body becomes resistant to the normal effects of insulin, or where the pancreas slowly loses its ability to produce enough of the hormone – both of which leave too much glucose in the blood. Lifestyle modifications or medication (and sometimes both) are used to manage type 2 diabetes.



Take this to heart

1 YOU'RE NOT ALONE

About 280 Aussies develop diabetes every day – one person every five minutes. And for every four people diagnosed, someone else is living with diabetes but doesn't know. The longer diabetes goes undiagnosed, the more it can impact your overall health.

2 IT'S YOUR MOVE

Continuing or starting regular physical activity will help lower your short- and long-term BGLs and can also help certain diabetes medications work more effectively. Plus, along with a healthy diet, losing weight – as little as 5 per cent of your body weight – can also have a positive impact.

3 WE'RE HERE

Wondering where to start? Combined with advice from your healthcare team, you've made a great first step. In this (and every!) issue of *Diabetic Living*, you'll find practical, helpful advice, expert responses to questions that might sound familiar and a whole heap of healthy recipes. ■



Losing just 5 per cent of your body weight can have a positive impact.

FOOD MYTHS FOR PWD*

It's my sweet tooth!

It's not that simple. While type 1 is triggered by genetics and unknown factors, type 2 is caused by a mix of genetics and lifestyle factors. One of those is being overweight, but it's not just sugar that causes that. Plus, if you are overweight, that's only a risk factor, not a direct cause of type 2.

No more chocolate!

False. As long as chocolate, or other foods containing added or natural sugars, are eaten as part of a healthy meal plan or combined with exercise, people with diabetes can definitely still enjoy them in moderation. Talk to your GP or dietitian for more info.

Ugh. A 'special diet'

Not really. These days 'healthy eating' for people who have diabetes is no different to the 'healthy eating' guidelines recommended for the general population. You don't need to prepare separate meals or buy special food – the recipes in *DL* are designed for everyone.

* That's People With Diabetes

YOUR healthy life

The latest facts & global news on diabetes and how to increase your wellbeing



REGENERATIVE CELL THERAPY

Scientists from the Diabetes Research Institute at the University of Miami Miller School of Medicine – one of the largest and most comprehensive research centres dedicated to identifying a **cure for diabetes** – recently identified and confirmed the existence of progenitor cells within the pancreas in both people living with type 1 and type 2 diabetes. This breakthrough opens the door to potentially develop therapeutic interventions that could reawaken the cells within the pancreas to regenerate insulin-producing cells. The findings are published in the peer-reviewed journal *PNAS (Proceedings of the National Academy of Sciences)*.

SUPPORT FOR TYPE 2

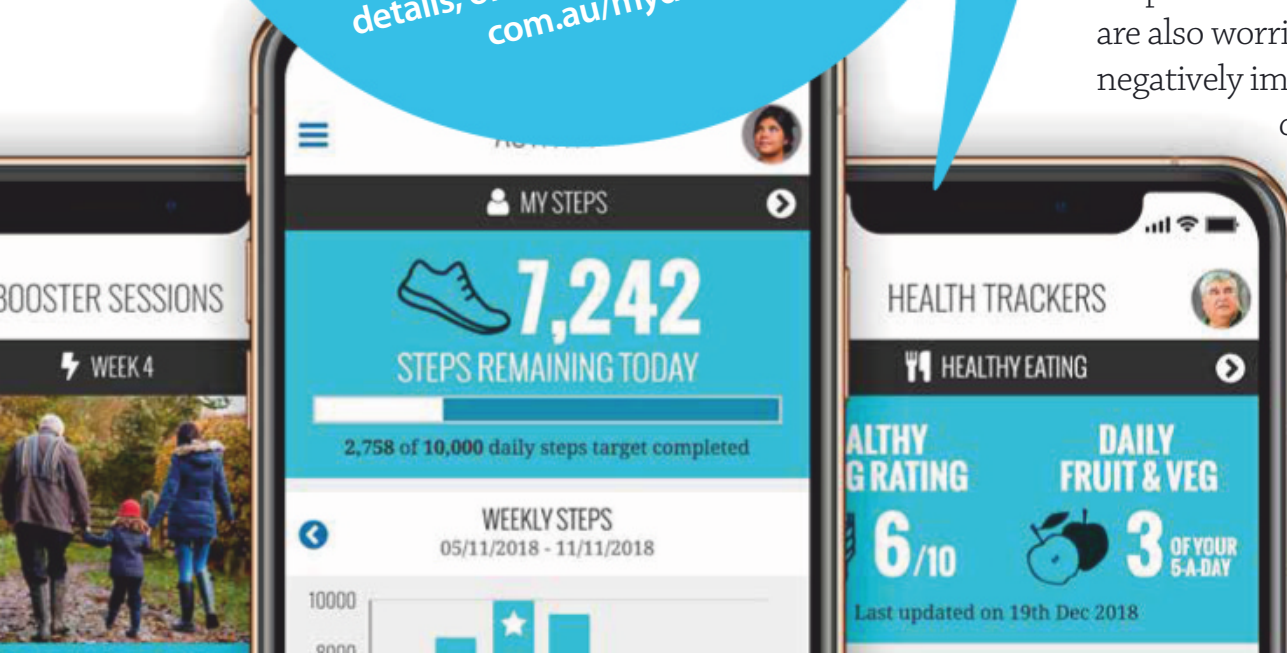
After the success of its pilot, Diabetes WA has released their online program, MyDESMOND. This self-management resource – designed for West Australians living with type 2 who are 18 and over and registered on the NDSS – offers short videos, learning sessions and interactive activities aimed at improving health and diabetes management. As well as providing guidance and support from health professionals, the program is designed to help motivate people to achieve goals in a self-paced manner. For more details, or to sign up, visit diabeteswa.com.au/mydesmond.

NATIONAL DIABETES WEEK

12-17 July 2020

IMPACT OF COVID-19

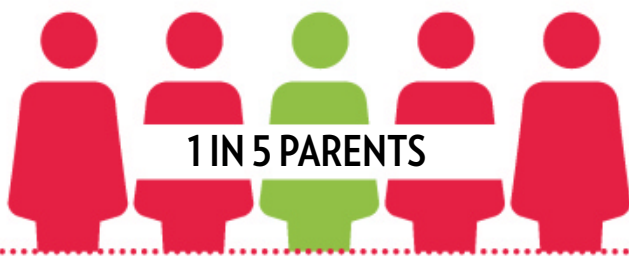
In 2018, the Baker Institute in Melbourne began the PREDICT study to better understand type 2 and its complications. With COVID-19, researchers have expanded to assess the impact of the pandemic on people with diabetes. The pandemic is a stressful time for those living with diabetes; despite wanting to protect themselves, individuals are also worried the precautions required are negatively impacting their ability to manage their diabetes (accessing medication, attending appointments and exercising). Researchers hope the study will help identify whether the pandemic is impacting people with diabetes, the areas that need attention and, ultimately, to advocate for them in this period.





PERSONALISED DIET FROM A PATCH

Melbourne-based start-up Nutromics has developed a concept for a world-first personalised nutrition wearable. The smart patch is designed to help individuals personalise their diet and reduce the risk of lifestyle-related chronic diseases, such as type 2. Collaborating with RMIT and Griffith universities, Romar Engineering and others, the patch monitors dietary biomarkers in the body to help a user identify how their body responds to different foods. The success of the patch could pave the way for managing stress, sleep health, sports performance and even early-stage viral detection.



Are you stressed?

Researchers at Edith Cowan University have found about **one in five parents** of children with type 1 experience significant psychological distress (stress, depression, anxiety and even parental burnout) as a result of managing their child's diabetes. "Parents are not receiving enough support from healthcare providers or schools to help with the pressures of caring for a child with a chronic illness," says diabetes expert Professor Diana Arabiat. This research calls for better mental health support services and improved access to respite care, in order to allow parents to focus on their own wellbeing; and calls for greater education for teachers so they can provide further support in managing the condition in children.



Q&A ASK DREW

I'm unable to access my gym and personal trainer. What can I do?

Drew says: No gym – no worries! Exercise snacks are bite-sized movements performed frequently throughout the day to help offset the negative effects of a sedentary lifestyle. The optimal exercise snack should comprise three main ingredients: Stretch. Contract. Elevate.

Stretching (or mobility) is key in producing a functional, pain-free body. Contracting your muscles is like using a sponge to soak up excess glucose from the bloodstream. And Elevating your heart rate is a great way to support a healthy cardiovascular system.

Not sure where to start? Try 'sit-to-stands'. Sit on the edge of your chair with arms by your sides, stand up and reach your arms overhead as high as possible, then return arms to your sides and sit back down. Repeat 10-15 times. If you want to make it more challenging you can hold a can of beans (or similar weighted object) in each hand. You can rely on that simple snack every couple of hours through the day or whenever you desire.

Enjoy your snacks! ➤

Drew Harrisberg, exercise physiologist & diabetes educator

DON'T STOP MOVING

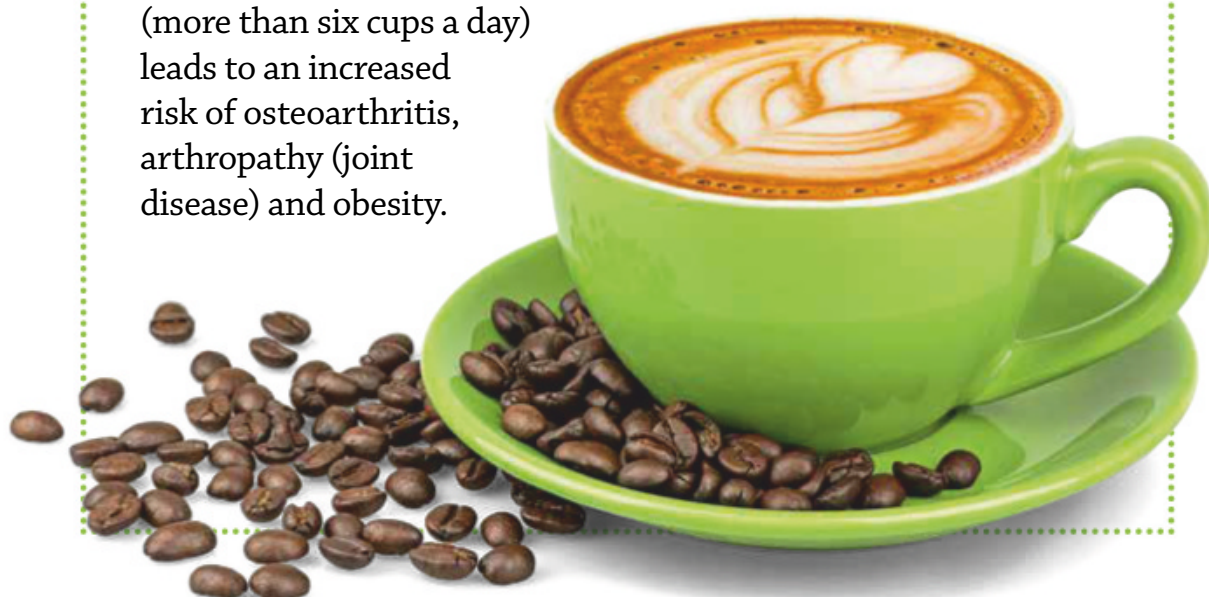
It's more important now, more than ever, to stay active and healthy.

Despite the idea of staying at home, lounging about can be a welcome idea for some, but it's vital to maintain the 30 minutes of activity each day. The Baker Heart and Diabetes Institute has put together some helpful tips you can watch at baker.edu.au/health-hub/keep-it-moving or turn to page 119.



Addicted to coffee?

A world-first study by the University of SA's Australian Centre for Precision Health has found an excess consumption of coffee can cause poor health. "Globally, we drink around 3 billion cups of coffee each day, so it makes sense to explore the pros and cons of this on our health," explains Professor Elina Hypponen, expert genetic epidemiologist at UniSA. The team collected data from more than 300,000 participants to examine the connection between habitual coffee consumption and diseases. The findings concluded that excess coffee consumption (more than six cups a day) leads to an increased risk of osteoarthritis, arthropathy (joint disease) and obesity.



RISK OF INCREASED BLINDNESS

There has been much confusion over COVID-19, with many health treatments cancelled. Ophthalmologists report up to one third of patients with conditions such as diabetic macular oedema are skipping crucial visits. "Projecting from my clinic, that means thousands of Australians are gambling with their vision," says Professor Paul Mitchell. "Without regular injections, there's a high risk people will go blind or suffer significant vision loss, which is often irreversible." It's not breaching health measures to go to an eye appointment.



2-for-1 pandemics

There are two pandemics at present: COVID-19 and diabetes. But, due to the virus, elective surgeries have been postponed, including for weight loss. Such surgery isn't classed as an emergency, but those affected face a greater risk of complications from diabetes. Recommendations in *The Lancet Diabetes & Endocrinology* journal outline the need to reconsider what is classed as emergency surgery.

SUPPORT FOR THE VULNERABLE

As social distancing becomes the new normal, there is an increased responsibility to protect those who are most vulnerable to COVID-19. Digital platform Careseekers is designed to connect independent aged-care and disability support workers with families and individuals who require care from the comfort of their own home. Whether you require domestic assistance, help with personal care or getting around, meal preparation, social support and more, the platform is able to help. It has also introduced an array of virtual support programs, such as knitting lessons or a general chit-chat over Skype! Visit careseekers.com.au.



Does losing a little bit of weight help, or does it need to be a significant amount?

Ramy says: Many people focus on shedding a large amount of weight on a new diet and exercise program. But there's good news: you don't need to lose much to help your health or diabetes!

So, how much weight should I aim to shed? It depends. If you are at risk of developing diabetes and are overweight or obese, as little as 2kg (yes, that's right!) can cut your risk of developing type 2 by 30 per cent. If you have type 2, the number isn't big either and can be as low as 3 per cent of total weight. For example, if you weigh 100kg, losing 3kg (or 3 per cent) can improve your diabetes dramatically.

But weight loss keeps giving! Some people on insulin injections can put their needles away after 5 per cent weight loss. If you lose more, such as 10 per cent, some people can stop diabetes medications. And if you lose 15 per cent or more (especially those diagnosed with type 2 in the last 5-6 years), diabetes can go into remission. However, before you decide to change or stop medications, check with your doctor or specialist. ➤

Dr Ramy Bishay, endocrinologist & bariatric physician

SHOULD I GOOGLE IT?



Do you turn to 'Dr Google' for medical advice? You're not alone. It's estimated about 70,000 health-related searches occur on Google every minute. Further, close to 40 per cent of Aussies seek online information to self-treat symptoms. But, new research in *The Medical Journal of Australia* found online symptom checkers are only accurate about one third of the time. Edith Cowan University researchers also found online advice on when and where to seek physical healthcare was accurate only 49 per cent of the time. It may be tempting to go online, but it's crucial to see a GP who (unlike online) is able to look at the larger picture, including your medical history and other symptoms.



Diabetes does not stop for viruses

It's very important to keep up all aspects of diabetes management, including regular health checks (HbA1c, pathology, feet, vision, kidneys etc). Do not postpone a visit to your healthcare team. Your health is a priority. If you're concerned, call ahead to discuss what support or options your team is able to offer during the COVID-19 pandemic.

Obesity and depression

Research into the link between depression and being overweight or obese (see page 94) led South Australian researchers to create a pilot therapy program to tackle the global health issue. The 10-week program at the SA Health and Medical Institute warned against diets and focused on self-worth, turning negative thoughts to positive ones, **increased exercise** and healthy eating. In interviews conducted afterwards, researchers found significant increases in participants' wellbeing scores.



Q&A ASK DR MARSH

I've recently been diagnosed with diabetes. I know I need to cut out sugar but I'm confused about fruit. Should I also be avoiding fruit?

Kate says: It's true fruit contains natural fruit sugars, but in whole fruit this is packaged with fibre, vitamins and minerals and is a healthy choice for everyone, including people with diabetes. Most fruits also have a low or moderate glycemic index (GI), which means they don't raise BGLs quickly. In fact, several studies have found those who eat more fruit have a lower risk of developing type 2. And, in those with diabetes, higher intakes of fresh fruit have been associated with a lower risk of death and diabetes-related complications. Higher intakes of fruit juice, on the other hand, are linked with a higher risk of diabetes.

So, the key is picking whole fresh fruit rather than juice. And, while all fruits are fine in a healthy diet, lower GI fruits including temperate (eg apples and pears), citrus (oranges and grapefruit) and stone fruits (peaches and plums) and berries will cause a more gradual rise in BGLs compared to other fruits. ■

Dr Kate Marsh, advanced accredited practicing dietitian and credentialled diabetes educator

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Walking FOR A BETTER FUTURE

Eliza Bartlett is determined to go to the extreme to fundraise for JDRF

▶ Since 28-year-old Eliza Bartlett was diagnosed with type 1 at the age of nine, she has used her diabetes as a driving factor to raise more than \$100,000 for JDRF research. But, rather than fundraising by selling cupcakes and chocolates, this motivated, athletic and resilient woman from Adelaide has taken on – and conquered – two extreme walks.

“I have always been very competitive and I like to challenge myself,” explains the type 1 diabetes ambassador. “Adding this to my huge passion to help educate, raise awareness and money for type 1 diabetes, I decided I wanted to see how I could combine the two.”

After seeing footballer Shane



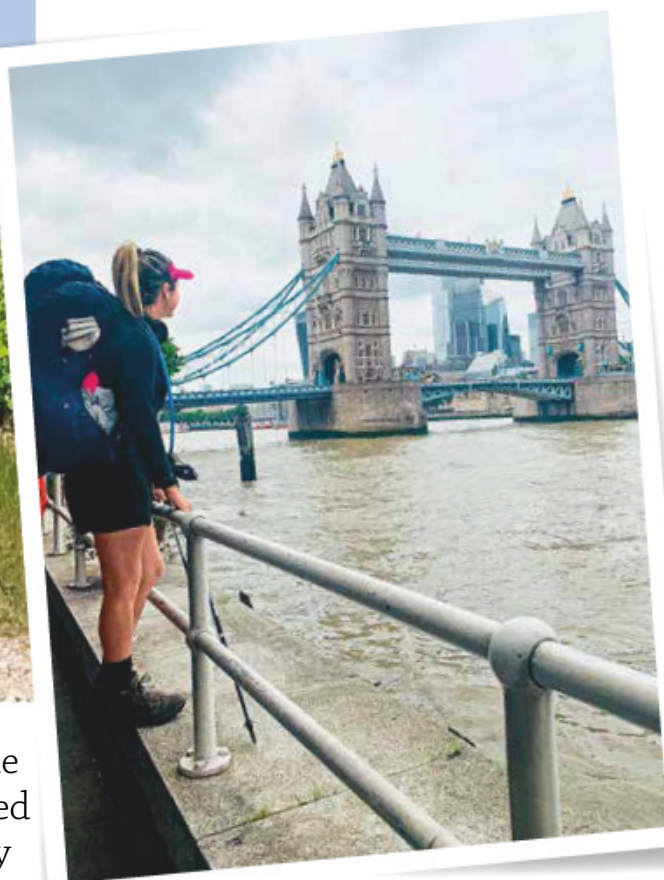
Crawford tackle a walk from Adelaide to Melbourne to fundraise for breast cancer, Eliza was inspired to follow in his footsteps in 2013. Along the 780km route, the then 21-year-old experienced extremely high BGLs (~20mmol/L) due to torn tendons, stress fractures and infected blisters – some of which needed medical attention.

Despite the pain, she raised more than \$25,000 for JDRF and was determined to go even further.

“I was blown away by the success of fundraising and wanted to push myself to see how much more I could do,” she explains. “I started planning a walk across America almost instantly, however, after a few challenges and setbacks during planning, I changed this to Europe.”

Having learnt from her previous walk, Eliza took a different approach to her European adventure, taking heavy duty ankle braces and walking poles, and rubbing her feet in gravel and methylated spirits to “toughen them up and stop blisters”. Thankfully, it worked as, despite significant

WORDS ELLIE GRIFFITHS PHOTOGRAPHY SUPPLIED BY ELIZA BARTLETT



muscle soreness and throbbing feet during the 4000+km walk, she experienced zero permanent injuries. “If anything, my body was stronger after, than when I started,” she says.

On 1 April, 2019, the trekker began her six-month journey in the southern Italian port city of Brindisi. However, the thought of Eliza being found in a hypoglycaemic, unconscious state while travelling alone caused some concern for her family.

“I certainly have caused them a lot of stress during these walks,” she says.

“I tried to keep them up to date with my movements at all times. Due to fears of not waking up due to hypoglycaemia, I messaged Mum every morning to tell her I was alive. I also had a tracking device on me – that Mum could trace – so she knew that I was moving and not in any trouble.”

That said, packing for the trip wasn’t as simple as it would be for a summer holiday in Europe. “I had to carry six months’ worth of clothes and diabetes supplies –

plus back-ups – on my back,” she says. “My total backpack weighed more than 22kg and I would say half of this was diabetes/medical supplies. [Due to the price of a CGM, and no wage for six months, Eliza did not use a CGM on this trip.] I had my insulin kept in cooler packs and would put them in the fridge, if

available, at my accommodation. I was lucky my parents came over for a couple of weeks mid-way through and gave me some fresh insulin supplies to ensure I made it to the end.

“And every day was so different, there was no way to get in a routine with the management of my diabetes,” she continues. “From different levels and difficulties in relation

to physical exercise, to significant changes in nutrition and diet in each country, and also the significant pain/stress/weather, there was no way to keep my BGLs perfect, so I chose to manage challenges as they arose.”

Eliza, who is now a registered mental health nurse, was very



Don’t let diabetes define your life, instead, let it be the motivator to reach your dreams!

Left to right: Eliza trekked through Switzerland, France and England.

aware of burning herself out.

“If anything, those moments of feeling burnt-out inspired me to push myself harder and ensure I got the most out of this trip for people living with type 1,” she says. “In saying this, moments of sitting on the side of the road, trying to manage high/low BGLs when you are running late to get to your accommodation and still have hours to walk in a day, certainly caused huge amounts of frustration and many tears.”

Finishing her trek in Scotland on 25 September, 2019 – 177 days, five countries and 4270km later – Eliza raised more than \$78,000 for JDRF, pushing her total to more than \$100,000.

But that wasn’t the end of her tremendous year. In December 2019, Eliza was awarded a 2019 SA Pride of Australia medal for her success in fundraising for, and raising awareness of, type 1. “I will continue to support JDRF where I can and raise awareness for type 1 diabetes,” she says.

To read more about her walk, visit elizabethartlettjdrfwalk.com. ■



5 days 5 dinners

Try these tasty lighter dinners – they're quick, simple and budget-friendly

NUTRITION INFO
PER SERVE 2260kJ,
protein 34g, total
fat 22g (sat. fat 4g),
carbs 49g, fibre 7g,
sodium 338mg
• Carb exchanges 3½
• GI estimate low
• Gluten-free option

GFO

MONDAY

**CREAMY
CHICKEN,
PUMPKIN &
PECAN PASTA**

Tasty and satisfying,
this dish takes weekday
dining to another level.
see recipe, page 21 >>

LC

TUESDAY

PORK NOODLE STIR-FRY

For those about to wok, we salute you!
see recipe, page 21 >>

How our
food works
for you
see page 82

NUTRITION INFO

PER SERVE 1600kJ, protein 28g,
total fat 19g (sat. fat 4g), carbs
26g, fibre 7g, sodium 645mg
• Carb exchanges 1½ • GI
estimate low • Lower carb



*Grab a spoon, settle in and
prepare to be bowled over*



GFO LC

WEDNESDAY

KALE, MEATBALL & CANNELLINI SOUP

This clear, tasty broth
packs an iron-rich punch for
a very happy hump day.
see recipe, page 22 >>

NUTRITION INFO

PER SERVE 1410kJ, protein 23g,
total fat 13g (sat. fat 4g), carbs
25g, fibre 14g, sodium 586mg
• Carb exchanges 1½ • GI estimate
low • Gluten-free option
• Lower carb

NUTRITION INFO
 PER SERVE 2340kJ,
 protein 22g, total
 fat 26g (sat. fat 7g),
 carbs 51g, fibre 15g,
 sodium 446mg
 • Carb exchanges 3½
 • GI estimate low
 • Gluten free

GF

THURSDAY

SWEET POTATO NACHOS

Give corn chips the flick for a guilt-free treat – junk food has never been this healthy!
 see recipe, page 22 >>

FRIDAY

NUTRITION INFO **GFO**

PER SERVE 2060kJ,
protein 38g, total
fat 20g (sat. fat 3g),
carbs 35g, fibre 10g,
sodium 657mg

- Carb exchanges 2½
- GI estimate low
- Gluten-free option

**HARISSA-CRUMBED FISH
WITH LENTILS & PEPPERS**

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

400g can no-added-salt brown
lentils, drained

100g drained roasted red peppers
in vinegar, torn into chunks

6 pitted black olives, chopped

½ lemon, zested, then cut

into wedges to serve (optional)

1½ Tbsp olive oil

Freshly ground black pepper

2 x 140g pieces blue eye trevalla
fillets (or similar white fish fillet)

50g fresh breadcrumbs, made
from wholemeal sourdough
bread or gluten-free bread

2 tsp harissa paste

2 Tbsp chopped flat-leaf parsley

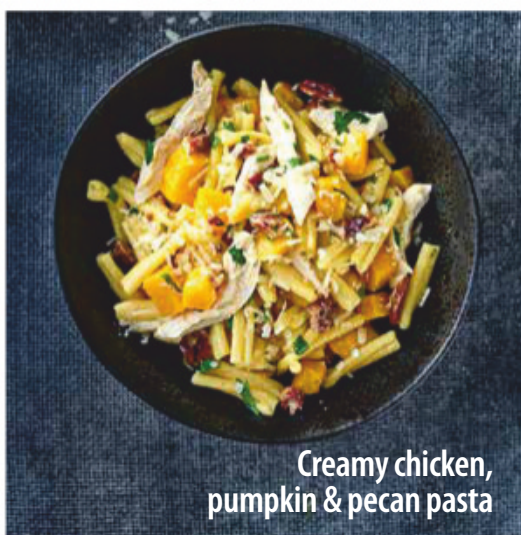
1 Preheat oven to 180°C (fan-forced). Combine lentils, peppers, olives, lemon zest and half the oil in a roasting tin. Season with pepper. Stir well.

2 Top lentil mixture with fish fillets. Mix breadcrumbs, harissa and remaining oil in a small bowl. Put a few spoonfuls on top of each piece of fish. Bake for 12-15 minutes, or until fish is cooked, topping is crisp and lentils are hot.

3 Divide lentil mixture between two serving plates. Top with fish and sprinkle over chopped parsley. Serve with lemon wedges if using.



Middle Eastern flavours add a touch of spice to a fishy favourite



Creamy chicken,
pumpkin & pecan pasta

CREAMY CHICKEN, PUMPKIN & PECAN PASTA

PREP TIME: 15 MINS

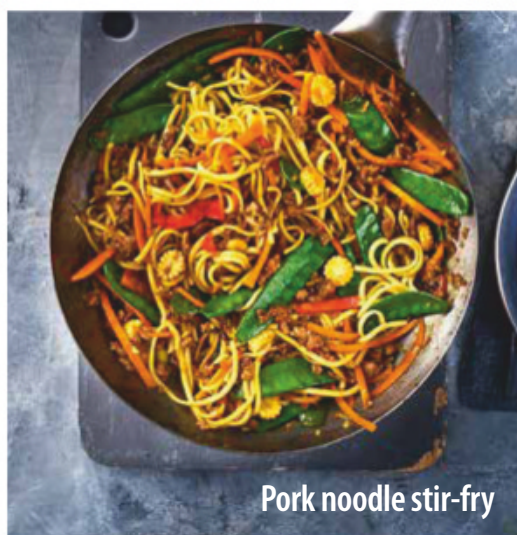
COOK TIME: 30 MINS

SERVES 2 (AS A MAIN)

- 1 tsp salt-reduced chicken stock powder or gluten-free stock powder
- 500ml (2 cups) water
- 350g butternut pumpkin, peeled and deseeded, cut into small chunks
- 160g skinless chicken breast fillet, trimmed of fat
- 120g dried pasta (such as casarecce) or gluten-free pasta
- 1 Tbsp light cream cheese
- 35g pecans, chopped
- ½ small bunch flat-leaf parsley, chopped
- 10g grated parmesan

1 Put stock powder and water into a medium saucepan and bring to simmer over medium-high heat. Add pumpkin and chicken. Reduce heat to medium-low. Cover and simmer gently for 15 minutes, or until chicken and pumpkin are cooked. If chicken cooks first, remove from pan and set aside. Use a slotted spoon to remove pumpkin and reserve on a plate, leaving just stock in pan.

2 Return stock to boil and add pasta (liquid should just cover pasta). Cook, stirring often, until



Pork noodle stir-fry

PORK NOODLE STIR-FRY

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 2 (AS A MAIN)

- 1½ Tbsp sesame oil
- 175g lean pork mince
- 120g fresh egg noodles
- 1 Tbsp salt-reduced soy sauce
- 1 tsp cornflour
- 1 Tbsp sweet chilli sauce
- 2 Tbsp water
- 2cm piece ginger, peeled and chopped
- 1 large clove garlic, crushed
- 250g purchased stir-fry vegetables

1 Heat oil in a wok or non-stick frying pan over high heat. Add mince, breaking it up with a spoon, and cook for 7-8 minutes, or until cooked.

2 Meanwhile, put noodles in a heatproof bowl and pour over boiling water. Set aside for 5-10 minutes, to soften. Mix soy sauce with cornflour to make a paste. Add chilli sauce and water.

3 Add ginger, garlic and vegetables to wok and stir-fry for 2-3 minutes, or until vegetables are tender-crisp. Drain noodles and add to wok with sauce. Cook until sauce coats noodles, adding a splash of extra water, if needed. Serve. ➤

pasta is just tender and most of the stock is absorbed (top up with water if needed). Shred chicken.

3 Return pumpkin to pan with pasta. Add cream cheese, pecans, parsley and half the parmesan. Simmer for a further 1-2 minutes to heat through. Stir in chicken. Season with pepper and sprinkle with remaining parmesan to serve.

HEALTH TIP

Looking for lower carb? Try replacing regular pasta with Atkins Penne.

NUTRITION INFO **LC**

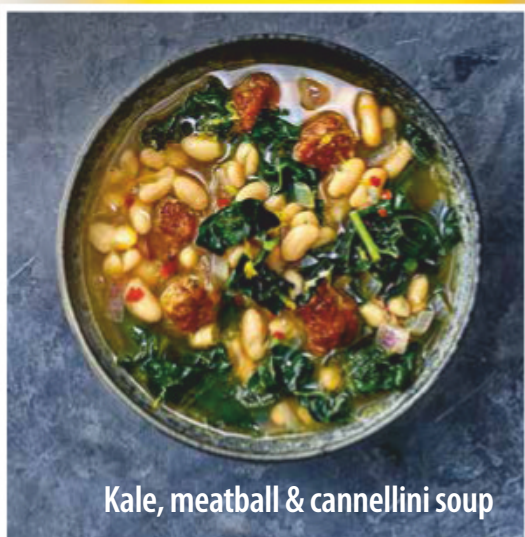
PER SERVE [with Atkins Penne]
2180kJ, protein 55g, total fat 20g (sat. fat 5g), carbs 24g, fibre 12g, sodium 495mg • Carb exchanges 1½
• GI estimate low • Lower carb

Health Tip

Fill stir fries with plenty of low-carb vegies of different colours to get a range of nutrients and antioxidants. We used a mix of capsicum, snow peas and carrots, but you can use any veg you have.



mains



Kale, meatball & cannellini soup

KALE, MEATBALL & CANNELLINI SOUP

PREP TIME: 10 MINS

COOK TIME: 25 MINS

SERVES 2 (AS A MAIN)

2 tsp olive oil

3 Peppercorn Extra Lean Beef Sausages

1 small red onion, chopped

1 large clove garlic, crushed

Pinch chilli flakes (optional)

125g kale, centre rib removed, chopped

400g can no-added-salt cannellini beans, rinsed and drained

½ tsp salt-reduced chicken stock powder or gluten-free stock powder

350ml boiling water

Zest of ½ lemon

Juice of ¼ lemon



Sweet potato nachos

SWEET POTATO NACHOS

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 2 (AS A MAIN)

3 small (600g) orange sweet potatoes

Freshly ground black pepper

1 Tbsp olive oil

400g can no-added-salt black beans, rinsed and drained

100g bought tomato salsa

40g reduced-fat grated cheese

1 small avocado

Juice of 1 lime

Small bunch coriander, leaves picked and roughly chopped

½ red onion, finely chopped

1 Heat olive oil in a medium non-stick frying pan over medium heat. Squeeze sausage meat into pan in rough meatball shapes. Discard sausage skins. Cook meatballs for 2-3 minutes, turning often, or until browned. Transfer to a plate.

2 Add onion to pan and cook, stirring occasionally, for 5-6 minutes, or until onion softens. Add garlic and chilli flakes, if using. Cook, stirring, for a further minute.

3 Add kale, cannellini beans, stock powder and boiling water to pan with meatballs. Stir. Cover and simmer for 8-10 minutes, or until greens wilt and meatballs are cooked through. Stir in lemon zest and juice. Add a little more water if you want a soupier consistency. Serve.

1 Pierce sweet potatoes a few times with a fine skewer. Put on a microwave plate lined with paper towel. Cook on High/100% for 10 minutes, until tender, or place on a baking tray and bake at 160°C (fan-forced) for 40 minutes.

2 Preheat (or increase if you have cooked potatoes in the oven already) to 180°C (fan-forced). Line a roasting tin with baking paper.

3 Halve each potato and scoop out roughly half the flesh to save for another meal (mash and freeze it). Cut potato skins in half lengthways, then season with pepper and rub with oil. Arrange potato skins in a single layer and bake for 15 minutes, or until starting to crisp.

4 Scatter beans, salsa and cheese over potato skins. Return to oven for 10-15 minutes, or until cheese melts. Chop avocado and toss in lime juice. Top skins with avo, coriander and red onion. Serve.

YOUR shopping list

GROCERIES

- ☐ 400g can no-added-salt cannellini beans
- ☐ 400g can no-added-salt black beans
- ☐ 400g can no-added-salt brown lentils
- ☐ 300g jar tomato salsa
- ☐ 500g pkt dried pasta (such as casarecce)
- ☐ 180g pkt pecan nuts
- ☐ 310g jar roasted red peppers in vinegar
- ☐ 220g jar pitted black olives
- ☐ 70g tube harissa

FRUIT AND VEGETABLES

- ☐ 3 small (600g) orange sweet potatoes
- ☐ 2 small red onions
- ☐ ¼ butternut pumpkin
- ☐ 1 bunch kale
- ☐ 1 lemon
- ☐ 1 lime
- ☐ 1 small avocado
- ☐ 1 bunch coriander
- ☐ 1 small bunch flat-leaf parsley
- ☐ Small piece ginger
- ☐ 250g bought stir-fry vegetables

CHILLED

- ☐ 400g pkt fresh egg noodles
- ☐ 250g light cream cheese

POULTRY AND MEAT

- ☐ 450g pkt Peppercorn Extra Lean Beef Sausages
- ☐ 175g lean pork mince
- ☐ 160g skinless chicken breast fillet

SEAFOOD

- ☐ 2 x 140g blue eye trevalla fillets (or a similar white fish fillet)

BAKERY

- ☐ 1 loaf wholemeal sourdough bread

PANTRY

- ☐ Olive oil
- ☐ Sesame oil
- ☐ Salt-reduced soy sauce
- ☐ Cornflour
- ☐ Sweet chilli sauce
- ☐ 2 large cloves garlic
- ☐ Chilli flakes
- ☐ Salt-reduced chicken stock powder
- ☐ Parmesan
- ☐ Reduced-fat grated cheese
- ☐ Black pepper

LEFTOVERS

GROCERIES

Salsa: Serve with vegetable sticks as a snack.

Stock: Use in soups, sauces and casseroles.

Pasta: Make a pasta bake or pasta salad packed with veg.

Nuts: Munch on as a snack, chop and throw into salads or sprinkle over fruit with some low-fat yoghurt for a snack or dessert.

Roasted peppers: Use on pizzas, salads or sandwich fillings, or combine with shredded basil, crushed garlic and a drizzle of olive oil and balsamic vinegar.

Sausages: Cook and serve with sweet potato mash and steamed greens.

Olives: Use in salads, or finely chop and use in dressings to add a flavour hit.

Harissa: Use in salad dressings.

Bread: Use for sandwiches or make breadcrumbs.

Cream cheese: Use in dips.

Noodles: Make a noodle salad.

FRUIT AND VEGETABLES

Kale: Shred and use in soups or salads. Toss torn kale with a little olive oil. Spread over a tray lined with baking paper and bake in an oven preheated to 160°C (fan-forced) for 8-10 minutes, or until crisp. Serve as a snack.

Red onion: Thinly slice and use in salads, on pizza toppings or in pasta sauces.

Ginger: Grate and use in dressings or finely chop or shred and use in stir-fries. ■

budget meals

A blue ceramic bowl filled with a meal of rice, chicken, green peas, and diced vegetables, garnished with green onions. It sits on a wooden tray. In the background, there's another similar bowl and a red glass. In the foreground, there's a red ceramic teapot.

Dinner on a **DOLLAR**

Nutritious meals don't have to be expensive. Each of these delicious recipes is \$5 a serving or less! You won't sacrifice health or flavour, and your wallet will thank you



\$3.70
PER SERVE

CHICKEN CAULIFLOWER FRIED RICE

PREP TIME: 10 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

3 tsp olive oil

450g skinless chicken breast
fillet, trimmed of fat, cut
into 2.5cm pieces

1 tsp grated ginger

2 cloves garlic, crushed

500g cauliflower rice
(see Cook's Tip)

2 cups frozen peas and carrots

3 x 60g eggs, lightly whisked

2½ Tbsp salt-reduced soy sauce
or gluten-free soy sauce

2 green shallots, sliced, to serve
Chilli flakes, to serve (optional)

1 Heat oil in a large non-stick wok over medium-high heat. Add chicken and cook, stirring occasionally, for 3-4 minutes, or until just cooked. Add ginger and garlic and cook, stirring, for 1 minute. Transfer to a bowl.

2 Add cauliflower rice and frozen vegetables to wok over medium-high heat. Cook, stirring often, for 4-5 minutes, or until cauliflower rice is tender. Make a well in centre of vegies and add egg. Cook egg for 1 minute, then stir to scramble. Once egg is cooked, stir in vegetables.

3 Return chicken mixture to wok with soy sauce. Toss to combine. Top with green shallots and chilli flakes, if using. Serve.

COOK'S TIP

You can purchase cauliflower rice from the fruit and vegetable section of the supermarket or in the freezer section. ➤

How our
food works
for you

see page 82

NUTRITION INFO **GFO**
PER SERVE 1230kJ,
protein 39g, total
fat 10g (sat. fat 2g),
carbs 9g, fibre 8g,
sodium 590mg

- Carb exchanges ½
 - GI estimate low
 - Gluten-free option
 - Lower carb
- LC**

NUTRITION INFO

PER SERVE 2120kJ,
protein 32g, total
fat 20g (sat. fat 8g),
carbs 42g, fibre 13g,
sodium 717mg
• Carb exchanges 3
• GI estimate low



\$3.90
PER SERVE

CREAMY TURKEY AND SPINACH PASTA BAKE

PREP TIME: 10 MINS

COOK TIME: 30 MINS

SERVES 6 (AS A MAIN)

340g wide, dried, egg fettuccine
or pappardelle
1 Tbsp canola oil
450g turkey breast mince
1 brown onion, chopped
1 red capsicum, thinly sliced
4 cloves garlic, crushed
125g light cream cheese
250ml (1 cup) salt-reduced
chicken stock
80ml (⅓ cup) 97% fat-free
mayonnaise
¼ tsp chilli flakes
Freshly ground black pepper

300g pkt frozen chopped
spinach, thawed
400g can artichoke hearts
in brine, drained
45g (½ cup) shredded parmesan
¼ cup chopped flat-leaf parsley
Lemon wedges (optional)

1 Preheat oven to 180°C (fan-
forced). Spray a 3L (12 cup)
rectangular or square baking
dish with cooking spray.
Cook pasta in a large saucepan
of boiling water, following
packet directions, until it
is al dente. Drain well.

2 Meanwhile, heat oil in a
large non-stick frying pan over
medium-high heat. Add turkey
mince, onion, sliced capsicum

and garlic. Cook, stirring often,
for 3-4 minutes, or until mince
is browned. Remove pan from
heat and stir in cream cheese.
Stir until well combined.

3 Whisk stock, mayonnaise,
chilli flakes and pepper in a large
bowl. Use a double thickness
of paper towels to wrap and
squeeze spinach to remove
some of the excess liquid. Add
spinach and artichoke hearts to
mayonnaise mixture. Add turkey
mixture, pasta and parmesan.

4 Spoon mixture into baking
dish. Spread out in an even layer.
Bake for 20-25 minutes, or until
heated through. Top with parsley
and serve with lemon wedges,
if desired.

budget meals

\$4.20
PER SERVE

Cook's Tip

We love the healthy fats avocado provides, but if it's out of season and too pricey, try 1 cup peeled and chopped orange in its place. Remember to count this as additional carbs.

NUTRITION INFO **GFO**

PER SERVE 1580kJ,
protein 28g, total
fat 16g (sat. fat 4g),
carbs 27g, fibre 7g,
sodium 160mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

CHILLI BEEF TORTILLAS

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

1 tsp olive oil
1 brown onion, chopped
3 cloves garlic, coarsely chopped
80ml (⅓ cup) salt-reduced beef stock or gluten-free stock
1½ Tbsp no-added-salt tomato paste
1½ Tbsp apple cider vinegar
1 tsp dried oregano
1 tsp ground cumin
1 tsp Mexican chilli powder
Freshly ground black pepper
400g extra-lean beef mince or turkey breast mince
8 Mission white corn tortillas, heated following pkt directions

Tomato and avocado salsa

2 tomatoes, chopped
1 avocado, chopped
½ cup chopped coriander
Pinch chilli flakes

1 Heat half the oil in a large non-stick frying pan over medium heat. Add onion and garlic to pan. Cook, stirring occasionally, for 5 minutes, or until onion softens. Transfer onion to a food processor. Add stock, tomato paste, vinegar, oregano, cumin, chilli powder and pepper. Cover and process until smooth.

2 Heat remaining oil in frying pan over medium-high heat. Add mince and cook, stirring often, for 2-3 minutes, or until mince changes colour. Add onion mixture to pan, stir and bring to boil. Reduce heat to medium-low and cook, covered, for 5 minutes.

3 Meanwhile, to make tomato and avocado salsa, combine all ingredients in a bowl. Set aside.

4 Spoon mince mixture into warmed tortillas. Top with tomato and avocado salsa and serve. ➤

budget meals

CREAMY CHICKEN AND SALAD ROLLS

PREP TIME: 10 MINS

COOK TIME: 10 MINS

SERVES 2 (AS A MAIN)

250g chicken breast tenderloins, trimmed of sinew and fat
½ cup finely chopped celery
130g (½ cup) 0% fat Greek-style natural yoghurt
3 Tbsp dried cranberries
1 Tbsp roasted and unsalted pistachio nuts, chopped
½ tsp chopped thyme
2 cups mixed salad leaves
2 tsp olive oil
2 tsp red wine vinegar or apple cider vinegar
2 x 60g wholemeal or gluten-free rolls, split
Freshly ground black pepper

1 Place chicken in a medium saucepan. Pour over enough water to just cover chicken. Bring to a simmer over medium heat. Reduce heat to medium-low and cook, covered, for 5 minutes, or until chicken is just cooked. Drain chicken and then set aside for 10 minutes to cool slightly. Use 2 forks to shred chicken.

2 Combine shredded chicken, celery, yoghurt, cranberries, nuts and thyme in a small bowl. Toss salad leaves, oil and vinegar in a separate bowl.

3 Top bun bottoms with dressed salad leaves and chicken mixture. Sprinkle with black pepper. Add bun tops and serve.

NUTRITION INFO **GFO**

PER SERVE 1920kJ,
protein 42g, total
fat 11g (sat. fat 2g),
carbs 43g, fibre 6g,
sodium 498mg

- Carb exchanges 3
- GI estimate medium
- Gluten-free option

Health Tip

Pistachios can be expensive, so you can substitute with walnuts or almonds. Keep nuts in a sealed container in the fridge to make them last longer. Room-temperature nuts will turn rancid faster.

\$5.00
PER SERVE



VIETNAMESE-STYLE SANDWICHES

PREP TIME: 10 MINS

COOK TIME: 5 MINS

SERVES 6 (AS A LIGHT MEAL)

- 375g pork fillet, trimmed of fat, cut into 1.5cm-thick slices
- 1-2 Tbsp Sriracha or sweet chilli sauce
- 1 Tbsp salt-reduced soy sauce
- 1 Lebanese cucumber, seeds removed, cut into short, thin strips
- 1 red capsicum, cut into thin strips
- $\frac{2}{3}$ cup coarsely grated carrot
- $\frac{1}{4}$ cup chopped green shallots
- 280g baguette-style French bread loaf, split horizontally (see Health Tip)
- $\frac{1}{4}$ cup coriander leaves
- 1 long green chilli, thinly sliced (seeds removed, if you like)

Sriracha mayonnaise

- 60g ($\frac{1}{4}$ cup) 97% fat-free mayonnaise
- 2 tsp Sriracha or sweet chilli sauce

1 Lightly press pork slices to an even thickness. Combine Sriracha and soy sauce in a small bowl. Brush over pork.

2 Spray a large non-stick frying pan with cooking spray. Add pork and cook for 2 minutes each side, or until just cooked (slightly pink in the centre). Set aside.

3 Combine cucumber, capsicum, carrot and chopped green shallots in a large bowl.

4 To make Sriracha mayo, combine ingredients in a bowl. Spread bread base with mayo, then layer pork, vegetable mix, coriander and chilli on top. Place other bread half on top. Cut into 6 portions. Serve.

HEALTH TIP

To increase fibre content, use a wholemeal baguette. ■

\$4.40
PER SERVE

NUTRITION INFO

PER SERVE 975kJ,
protein 21g, total
fat 2g (sat. fat 0g),
carbs 30g, fibre 4g,
sodium 553mg
• Carb exchanges 2
• GI estimate high



NUTRITION INFO

PER SERVE 883kJ, protein 8g,
total fat 6g (sat. fat 1g),
carbs 26g, fibre 8g, sodium
514mg • Carb exchanges 1½
• GI estimate low • Gluten-free
option • Lower carb

GFO LC

PASTA E FAGIOLI

Simple, Italian-style
goodness just
like Nonna used
to make.

see recipe, page 34 >>

One-pot vegetarian **SLOW COOKER**

Preparing a vegetarian dinner doesn't have to be difficult –
just throw everything together and leave it to simmer!

SLOW COOKER RATATOUILLE

Make up a batch of this
and freeze for easy meals
when you're busy.
see recipe, page 34 >>



How our
food works
for you
see page 82

NUTRITION INFO **GFO**

PER SERVE (as a main, with bread)
1350kJ, protein 12g, total fat 8g (sat. fat 1g), carbs 42g, fibre 15g, sodium 214mg • Carb exchanges 3 • GI estimate low • Gluten-free option

PER SERVE (as a light meal, **GF** **LC**
without bread) 883kJ, protein 9g,
total fat 8g (sat. fat 1g), carbs 20g,
fibre 14g, sodium 45mg • Carb
exchanges 1½ • GI estimate low
• Gluten free • Lower carb

winter favourites

NUTRITION INFO

PER SERVE 1460kJ,
protein 21g, total
fat 3g (sat. fat 0g),
carbs 52g, fibre 15g,
sodium 696mg

- Carb exchanges 3½
- GI estimate low
- Gluten-free option

*We've got your
winter lunch menu
all souped up*



GFO

DANISH-STYLE YELLOW SPLIT PEA SOUP

They call it mellow yellow,
with a hint of hygge.
see recipe, page 35 >>

LC

EGGPLANT & CHICKPEA STEW

Warm your cockles with a comforting bowl of spicy vegies.
see recipe, page 35 >>

To Freeze

Make the stew up to the beginning of step 5. Freeze in individual portions for up to 3 months. Continue the rest of Step 5 after the stew has been defrosted and reheated.

NUTRITION INFO

PER SERVE 1270kJ, protein 10g, total fat 14g (sat. fat 1g), carbs 26g, fibre 12g, sodium 206mg
• Carb exchanges 1½
• GI estimate low
• Lower carb

PASTA E FAGIOLI

PREP TIME: 30 MINS

(+ 8 HOURS SOAKING)

COOK TIME: 6-8 HOURS (LOW)

AND 1 HOUR 10 MINS (HIGH)

SERVES 8 (AS A LIGHT MEAL)

- 150g dried borlotti or cannellini beans (see Cook's Tips)
- 2 brown onions, chopped
- 2 carrots, chopped
- 3 stalks celery, chopped
- 2 Tbsp extra virgin olive oil, plus extra to serve (optional)
- 4 cloves garlic, crushed
- 500ml (2 cups) salt-reduced vegetable stock or gluten-free stock
- 750ml (3 cups) water
- 400g can no-added-salt chopped tomatoes
- 1 Tbsp miso paste or gluten-free miso
- 6 sprigs rosemary
- 4 bay leaves
- Freshly ground black pepper
- 130g ditaloni rigati, other small pasta shapes or gluten-free pasta
- 200g cavolo nero, stalks finely chopped and leaves torn (see Cook's Tips)
- 30g parmesan, grated, to serve

1 Put beans in a large bowl and cover them with plenty of cold water. Set aside for 6-8 hours, or overnight, to soak.

2 Drain beans and bring to the boil in a large saucepan of boiling water. Cook for 10 minutes then drain and rinse.

3 Place beans in a slow cooker with onion, carrot and celery. Stir in olive oil, garlic, stock, water, chopped tomatoes and miso paste. Tie herbs together with kitchen string and add to slow cooker. Season with black pepper. Cover and cook on low for 6-8 hours, or until beans are cooked through and all vegetables are really tender.



Pasta e fagioli

4 Remove and discard herbs and stir in pasta. Cover and cook on high for a further 30 minutes. Add cavolo nero stalks and leaves and cook for a final 30-40 minutes, or until pasta is cooked through and greens are tender.

5 Scatter soup with grated parmesan and a little more olive oil, if you like. Serve.

COOK'S TIPS

- You could use 2 x 420g cans drained and rinsed beans in place of dried. Just skip the soaking in Step 1.
- You can replace the cavolo nero with kale. Just remove and discard the centre rib and roughly chop the leaves.

SLOW COOKER RATATOUILLE

PREP TIME: 30 MINS

COOK TIME: 6 HOURS (LOW)

SERVES 6 (AS A MAIN)

- 2 Tbsp olive oil
- 1 red onion, sliced
- 2 cloves garlic, crushed
- 2 large eggplants, cut into 1.5cm pieces
- 3 large zucchinis, halved and cut into 2cm pieces
- 3 capsicums, cut into 2cm pieces
- 1 Tbsp tomato puree
- 6 large ripe tomatoes, roughly chopped
- Few sprigs thyme



Slow cooker ratatouille

- 400g can no-added-salt chopped tomatoes
- 1 Tbsp red wine vinegar
- 1 tsp brown sugar
- Freshly ground black pepper
- 1 cup basil leaves, shredded, to serve (optional)
- 6 slices sourdough or gluten-free bread, to serve

1 Heat olive oil in a large non-stick frying pan over medium heat. Add onion and cook, stirring occasionally, for 8 minutes. Add garlic and then cook, stirring, for 1 minute.

2 Increase heat to medium-high and add eggplant. Cook, stirring often, for 5 minutes, or until eggplant is golden. Add zucchini and capsicum. Cook, stirring often, for 5 minutes, or until the capsicum starts to soften.

3 Add tomato puree, fresh chopped tomatoes, thyme, canned tomatoes, vinegar and sugar. Cover and bring to the boil. Transfer to a slow cooker. Cover and cook on low for 5-6 hours, or until everything is soft and sauce thickens. Season with pepper. Sprinkle with basil leaves, if you like. Serve ratatouille with sourdough bread.

COOK'S TIP

Freeze for up to 3 months. Defrost and serve at room temperature or heat in a saucepan.

winter favourites



Danish-style yellow split pea soup

DANISH-STYLE YELLOW SPLIT PEA SOUP

PREP TIME: 30 MINS
(+ 2 HOURS SOAKING)
COOK TIME: 8 HOURS (LOW)
SERVES 8 (AS A MAIN)

500g dried yellow split peas
2 brown onions, finely chopped
1 large leek, finely chopped
2 carrots, cut into 1cm chunks
200g celeriac, peeled and cut into 1cm chunks
2 parsnips, peeled and cut into 1cm chunks
1L (4 cups) salt-reduced vegetable stock or gluten-free stock
1L (4 cups) water
2 Tbsp white miso or gluten-free miso
1 tsp caraway seeds
1 tsp ground white pepper, plus extra to serve (optional)
Large pinch of ground cloves
6 sprigs thyme or oregano, tied together with a piece of string
Handful of dill, chopped, to serve
6 small slices rye bread or gluten-free bread, to serve
2 tsp mustard or gluten-free mustard, to serve
3 Tbsp sliced pickles, to serve (optional)

1 Put split peas in large bowl and cover with plenty of cold water. Set aside for at least 2 hours to soak.
2 Drain peas and bring to the boil



Eggplant & chickpea stew

in a large saucepan of boiling water. Cook for 10 minutes. Drain and rinse well.
3 Put peas in a slow cooker. Add onion, leek, carrot, celeriac, parsnip, stock, water, miso, caraway seeds, pepper, cloves and thyme. Cover and cook on low for 6-8 hours, or until everything is tender. Remove and discard thyme.
4 Season soup with extra pepper, if you like, and add a little boiling water if needed to reach desired consistency. Sprinkle over dill and serve with bread, mustard and pickles, if using.

Cook's Tip
Freeze individual portions of the soup for up to 3 months. Defrost in the fridge overnight before reheating.

EGGPLANT & CHICKPEA STEW

PREP TIME: 25 MINS
(+ OVERNIGHT SOAKING)
COOK TIME: 2 HOURS (HIGH) AND 6-8 HOURS (LOW)
SERVES 6 (AS A LIGHT MEAL)

150g dried chickpeas (see Cook's Tip)
2 Tbsp extra virgin olive oil, plus extra to serve (optional)
1 large brown onion, finely sliced
6 cloves garlic, crushed
1 Tbsp MasterFoods Baharat Rub
1 tsp ground cinnamon
1 small bunch flat-leaf parsley, stalks finely chopped, and leaves roughly chopped to serve

1kg eggplant, sliced into 2cm rounds
2 x 400g cans no-added-salt chopped tomatoes
Freshly ground black pepper
Juice of 1 lemon
50g pine nuts, toasted, to serve
3 x 20g small pita breads, halved, to serve

1 Put chickpeas in a large bowl and cover with plenty of cold water. Set aside for 6-8 hours, or overnight to soak.
2 Drain chickpeas and bring to the boil in a large saucepan of boiling water. Cook for 10 minutes. Drain and rinse.
3 Heat oil in large non-stick frying pan over medium heat. Add onion and cook, stirring occasionally, for 10 minutes, or until onion softens. Add garlic, Baharat and cinnamon. Cook, stirring, for 1 minute.
4 Tip onion mixture into a slow cooker. Add chickpeas, parsley stalks, eggplant, canned tomatoes and a can of water. Season with pepper. Cover and cook on high for 2 hours. Turn heat down to low and cook for a further 6-8 hours, or until mixture has reduced slightly, and chickpeas and eggplant are really tender.
5 Stir lemon juice into stew. Scatter over pine nuts and parsley leaves. Drizzle over extra olive oil, if using. Serve with pita breads.

COOK'S TIP

Use 2 x 425g cans drained and rinsed no-added-salt chickpeas if you don't have dried. Simply skip Step 1. ■





ON SALE
JUNE 29

GF LC

HONEY-ORANGE CHICKEN

Good day sunshine!
Give your chicken
extra pep with the
zesty tang of citrus.
see recipe, page 39 >>

NUTRITION INFO

PER SERVE 1490kJ,
protein 35g, total
fat 12g (sat. fat 3g),
carbs 23g, fibre 8g,
sodium 134mg
• Carb exchanges 1½
• GI estimate low
• Gluten free
• Lower carb

MEALS *in a moment*

Eating lower carb just got easier with our new recipe collection. Here's a taste of a few of the 100+ delicious dishes

How our
food works
for you
see page 82

NUTRITION INFO

PER SERVE 1690kJ,
protein 54g, total
fat 8g (sat. fat 2g),
carbs 24g, fibre 7g,
sodium 117mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb

GFO LC

BEEF AND BROCCOLI

Pump up your iron intake
with this super-healthy
dish enhanced with
Asian flavours.

see recipe, page 39 >>

NUTRITION INFO**GFO**

PER SERVE 1140kJ,
protein 28g, total
fat 9g (sat. fat 2g),
carbs 16g, fibre 8g,
sodium 251mg

LC

- Carb exchanges 1
- GI estimate low
- Gluten-free option
- Lower carb



SWEET AND SPICY BEEF STEW

PREP: 30 MINS

BRING TO PRESSURE: 10 MINS

PRESSURE COOK: 15 MINS

RELEASE PRESSURE: 15 MINS

SERVES 10 (1½ CUPS PER SERVE;
AS A MAIN)

2 tsp ground cumin

1 tsp garlic powder

2 Tbsp olive oil

500g lean beef mince

500g boneless beef chuck, trimmed
and cut into 2cm cubes

2 cups coarsely chopped white
onion

2 large yellow, orange and/or
red capsicums, coarsely chopped
(2 cups)

280g sweet potato, peeled and
coarsely chopped (1½ cups)

2 x 800g cans no-added-salt
crushed tomatoes

1 cup reduced-salt beef stock or
gluten-free beef stock

2-3 canned chipotle peppers in
adobo sauce, chopped

2 Tbsp chopped fresh coriander

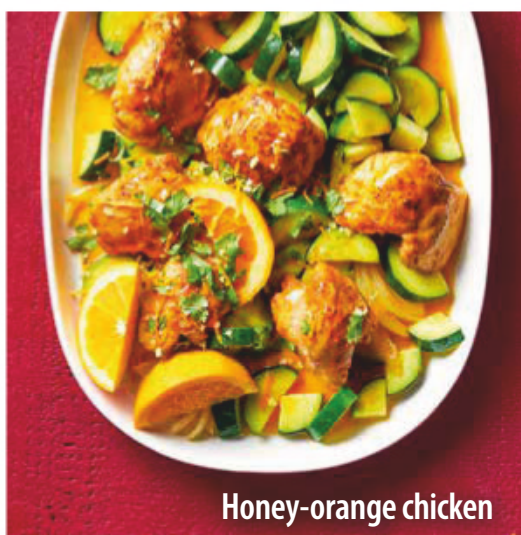
5 cups hot cauliflower rice, to serve

1 In a small bowl stir together
cumin and garlic powder.

2 In a 4-6L electric pressure
cooker use sauté setting to heat
1 Tbsp oil over medium-high heat.
Add mince and half the spice mix
and cook in hot oil until beef is
browned. Add remaining oil to
cooker. Add beef cubes and rest of

spice mixture. Cook and stir until
browned. (For stovetop cooker,
brown meats directly in pot.) Add
the next six ingredients (through
chipotle peppers) to cooker.

3 Lock lid. Set electric cooker
on high pressure to cook for
12 minutes. For stovetop
cooker, bring up to pressure over
medium-high heat according
to manufacturer's directions, then
reduce heat enough to maintain
steady (but not excessive) pressure.
Cook for 12 minutes. Remove from
heat. For electric and stovetop
models, let stand to release
pressure naturally, for 15 minutes.
Release remaining pressure.
Open lid carefully. Stir in coriander.
Serve with hot rice.



Honey-orange chicken

HONEY-ORANGE CHICKEN

PREP: 15 MINS

BRING TO PRESSURE: 15 MINS

PRESSURE COOK: 15 MINS

SERVES 6 (1 CUP PER SERVE; AS A MAIN)

- 1 tsp garlic powder
- 1 tsp paprika
- ¼ tsp freshly ground black pepper
- 1 kg skinless, boneless chicken thighs
- 1 Tbsp olive oil
- 1 tsp orange zest and ½ cup of juice, plus extra ½ orange cut into wedges to serve and 1 tsp orange zest to garnish
- 1 medium onion, halved and thinly sliced
- 3 Tbsp honey
- 2 medium zucchinis, halved and cut into 1 cm pieces
- 2 Tbsp chopped fresh coriander
- 1 clove garlic, minced
- 2 cups steamed green beans, to serve
- 2 large carrots, sliced and steamed, to serve
- 1½ cups steamed peas, to serve

1 In a bowl stir together garlic, paprika and pepper and rub over chicken. In a 4-6L electric pressure cooker use sauté setting to brown chicken in batches in oil (for stovetop cooker, brown chicken directly in pot). Return all browned chicken to pot.



Beef and broccoli

- 2 Add zest, juice,** onion and 2 Tbsp honey to chicken in pot.
- 3 Lock lid.** Set electric cooker on high pressure to cook for 10 minutes. For stovetop cooker, bring up to pressure over medium-high heat according to manufacturer's directions, then reduce heat enough to maintain steady (but not excessive) pressure. Cook for 10 minutes. Remove from heat. For electric and stovetop models, release pressure immediately. Open lid carefully, remove chicken and keep warm.
- 4 Add zucchini to cooker.** Simmer, uncovered (use sauté setting for electric cooker), for 3-5 minutes, or until tender. Divide chicken and zucchini among bowls. Drizzle with cooking sauce and rest of honey. Top with coriander, garlic and orange wedges. Serve with beans, carrot and peas, and garnish with 1 tsp orange zest.

Brown It Up

Start by browning your chicken pieces, which provides both flavour and colour to the finished dish. After browning, add a splash of orange juice and scrape up the browned bits from the bottom of the pot before adding the remaining ingredients. Those little browned bits bring tonnes of extra flavour to the sauce!

BEEF AND BROCCOLI

PREP: 20 MINS

BRING TO PRESSURE: 10 MINS

PRESSURE COOK: 15 MINS

SERVES 6 (1 CUP PER SERVE; AS A MAIN)

- 1 kg beef flank steak, thinly sliced against the grain
- 1 medium onion, halved and thinly sliced
- ½ cup water
- ¼ cup reduced-salt soy sauce or gluten-free soy sauce
- ½ tsp ground ginger
- ¼ tsp freshly ground black pepper
- 3 cups broccoli florets
- Toasted sesame seeds
- 3 cups cooked quinoa, to serve
- 3 large carrots, sliced and steamed, to serve

- 1 Place beef and onion** in a 6L electric or stovetop pressure cooker. Stir in water, soy sauce, ginger and pepper.
- 2 Lock lid.** Set electric cooker on high pressure to cook for 7 minutes. For stovetop cooker, bring up to pressure over medium-high heat according to manufacturer's directions, then reduce heat enough to maintain steady (but not excessive) pressure. Cook for 7 minutes. Remove from heat. For electric and stovetop models, release pressure immediately. Open lid carefully. Remove beef and onion with a slotted spoon; keep warm.
- 3 Add broccoli to cooker.** For electric cooker, cook on sauté setting for 5-8 minutes, or until crisp-tender. For stovetop cooker, simmer, uncovered, over medium heat for 5-8 minutes. Using a slotted spoon, add broccoli to beef mixture. Simmer liquid for 1 minute, or until thickened, then spoon over beef mixture. Top with seeds. Divide among bowls. Serve with quinoa and carrot. ■

winter favourites

SOUPER

Delicious recipes
to see you through
a long winter

bouls

GFO

CHUNKY BUTTERNUT MULLIGATAWNY

This south Indian classic
is full of flavour.

see recipe, page 44 >>

NUTRITION INFO
PER SERVE 1110kJ,
protein 7g, total
fat 8g (sat. fat 1g),
carbs 37g, fibre 8g,
sodium 474mg
• Carb exchanges 2½
• GI estimate low
• Gluten-free option

LC
**THAI PRAWN
& PEANUT
NOODLE
SOUP**

Who needs
takeaway when
you can whip up
this delight.

*see recipe,
page 44 >>*

**How our
food works
for you**

see page 82

NUTRITION INFO

**PER SERVE 1410kJ,
protein 24g, total
fat 16g (sat. fat 7g),
carbs 21g, fibre 5g,
sodium 660mg**

- Carb exchanges 1½
- GI estimate medium
- Lower carb



*There's a delish soup
for everyone: vegie,
seafood or chicken*

LC

**CRAB BISQUE WITH
LEMONY CROUTONS**

A delicious offering
that's smooth as silk.
see recipe, page 44 >>



NUTRITION INFO

PER SERVE 1100kJ,
protein 12g, total
fat 15g (sat. fat 5g),
carbs 16g, fibre 5g,
sodium 665mg
• Carb exchanges 1
• GI estimate medium
• Lower carb



NUTRITION INFO
PER SERVE 1420kJ,
protein 25g, total
fat 13g (sat. fat 3g),
carbs 26g, fibre 10g,
sodium 562mg
• Carb exchanges 1½
• GI estimate low
• Gluten-free option
• Lower carb

GFO **LC**

HERBY CHICKEN AND BUTTER BEAN SOUP

You can make this one
smooth or chunky – yum!
see recipe, page 45 >>

winter favourites

CHUNKY BUTTERNUT MULLIGATAWNY

PREP TIME: 20 MINS

COOK TIME: 40 MINS

SERVES 6 (AS A LIGHT MEAL)

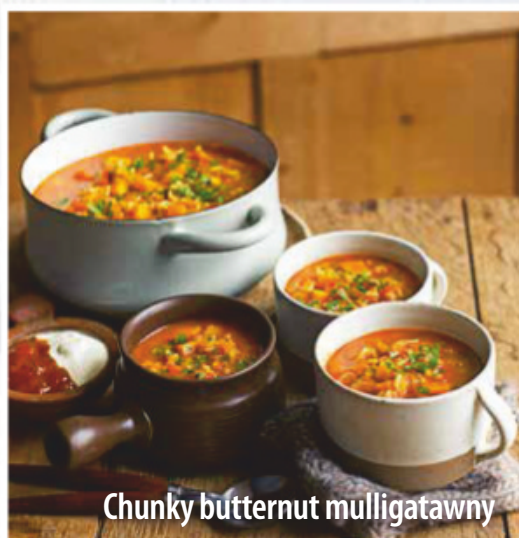
- 2 Tbsp olive oil
- 2 brown onions, finely chopped
- 2 apples, peeled and cored, finely chopped
- 3 sticks celery, finely chopped
- 600g butternut pumpkin, peeled, deseeded and chopped
- 2 Tbsp curry powder or gluten-free curry powder
- 1 Tbsp ground cinnamon
- 1 Tbsp nigella seeds (see Cook's Tips)
- Freshly ground black pepper
- 750ml (3 cups) salt-reduced vegetable stock or gluten-free stock
- 750ml (3 cups) water
- 2 x 400g cans no-added-salt chopped tomatoes
- 70g (1/3 cup) basmati rice
- 1/2 bunch flat-leaf parsley, chopped
- 3 Tbsp mango chutney or gluten-free chutney
- 130g (1/2 cup) low-fat natural yoghurt, to serve

1 Heat olive oil in a large saucepan over medium heat. Add onion, apple and celery. Cook, stirring occasionally, for 10 minutes, or until softened.

2 Add pumpkin, curry powder, cinnamon and nigella seeds. Season with pepper. Cook, stirring,

Cook's Tips

- If you can't get nigella seeds, replace with black or white sesame seeds.
- If freezing Mulligatawny, make soup, but don't top with yoghurt and remaining mango chutney. Top with this once defrosted and reheated.



Chunky butternut mulligatawny

for 2 minutes. Stir in stock, water and canned tomatoes. Cover and bring to a simmer over high heat. Reduce heat to medium-low and cook, covered, for 15 minutes.

3 Stir basmati rice into pan and return to a simmer. Cover and cook for 12 minutes, or until rice is tender. Stir in parsley and half the mango chutney. Divide between serving bowls. Top with dollops of yoghurt and remaining mango chutney and serve.

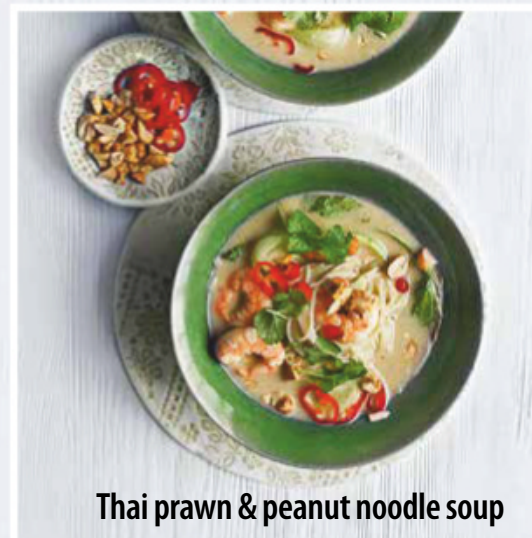
THAI PRAWN & PEANUT NOODLE SOUP

PREP: 15 MINS

COOK TIME: 10 MINS

SERVES 6 (AS A LIGHT MEAL)

- 2 Tbsp Thai green curry paste
- 3 Tbsp smooth no-added-salt-and-sugar peanut butter
- Small bunch coriander, stalks finely chopped, leaves picked
- 3cm piece ginger, peeled and cut into fine matchsticks
- 4 kaffir lime leaves, finely shredded
- 400ml can light coconut milk
- 375g can Carnation Light & Creamy Evaporated Milk
- 850ml water
- 2 limes, juiced
- 3 tsp salt-reduced soy sauce
- 1 tsp fish sauce
- 7 small heads bok choy, halved or quartered through the stalk
- 600g uncooked prawns, peeled and deveined



Thai prawn & peanut noodle soup

- 300g fresh rice noodles
- 1 small red chilli, deseeded (if you like), thinly sliced
- 2 Tbsp unsalted peanuts, roughly chopped

1 Combine curry paste and peanut butter in a large saucepan. Cook, stirring, over medium heat for 1 minute. Add coriander stalks, ginger, lime leaves, coconut milk, evaporated milk and water to pan. Bring to a simmer then simmer for 5 minutes.

2 Add lime juice, soy sauce and fish sauce to pan. Add bok choy, prawns and rice noodles. Cook for 1 minute, or until prawns are pink and bok choy wilts.

3 To serve, divide bok choy, noodles and prawns between six large soup bowls. Pour over soup. Top with some coriander leaves, sliced chilli and chopped peanuts.

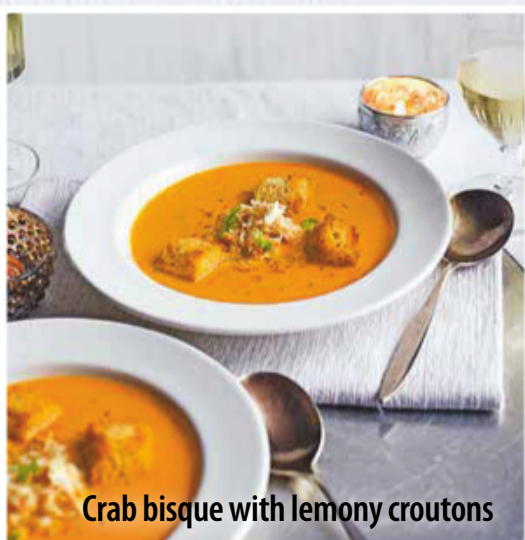
CRAB BISQUE WITH LEMONY CROUTONS

PREP TIME: 25 MINS

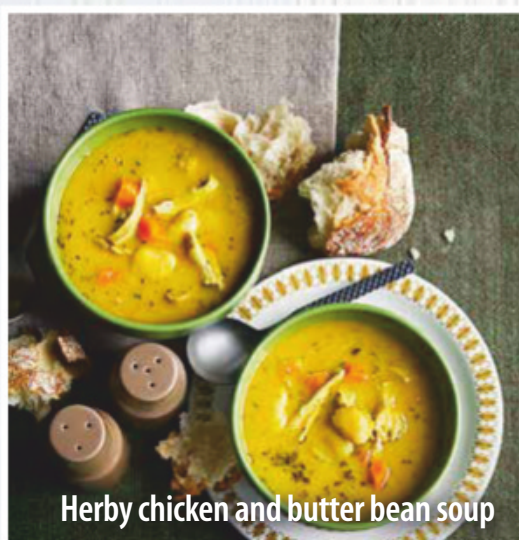
COOK TIME: 40 MINS

SERVES 4 (AS A LIGHT MEAL)

- 1 1/2 Tbsp olive oil, plus a drizzle to serve
- 1 brown onion, chopped
- 1 fennel bulb, chopped, fronds picked and reserved
- 1 large carrot, chopped
- 2 bay leaves
- 1 clove garlic, crushed



Crab bisque with lemony croutons



Herby chicken and butter bean soup

Impress the table with these souper fillers

1 Tbsp no-added-salt tomato puree
Pinch saffron threads
3 Tbsp brandy
Freshly ground black pepper
500ml (2 cups) salt-reduced chicken stock
500ml (2 cups) water
200g fresh cooked crab meat
100ml light thickened cream
1 lemon, zested, plus a squeeze of juice
2 slices high-fibre white bread, crusts removed, cut into pieces

1 Heat 1 Tbsp olive oil in a large saucepan over medium heat. Add onion, fennel, carrot and bay leaves. Cook, stirring occasionally, for 10 minutes, or until vegetables soften. Add crushed garlic and cook, stirring, for 1 minute. Add tomato puree and cook, stirring, for 1 minute. Add saffron, brandy and black pepper. Cook, stirring, until brandy has bubbled away. Add stock and water to pan. Stir in half the crab meat. Cover and bring to a simmer. Cook, covered, for 15-20 minutes, or until vegetables are soft.

2 Use a stick blender to blitz soup until smooth. Pass soup through a sieve into a clean

saucepan, making sure you push through as much liquid as possible. Add cream and simmer over medium heat for 5 minutes (soup should be thick enough to coat the back of a spoon). Add some lemon juice and season with black pepper.

3 Meanwhile, preheat oven to 180°C (fan-forced). Line a baking tray with baking paper. Toss bread pieces in remaining oil with lemon zest and some pepper. Spread out in a single layer over lined tray. Bake for 10 minutes, tossing halfway through, until crisp and golden. Set aside to cool. Store croutons in an airtight container until ready to serve.

4 To serve, divide between shallow soup bowls. Spoon a mound of remaining white crabmeat into centre of each bowl, then drizzle with a little oil and add a few fennel fronds. Top with a few croutons and an extra grind of pepper, if you like.

HERBY CHICKEN AND BUTTER BEAN SOUP

PREP TIME: 20 MINS

COOK TIME: 50 MINS

SERVES 6 (AS A MAIN MEAL)

2 Tbsp olive oil
4 skinless chicken thighs, trimmed of fat
2 brown onions, chopped
5 carrots, chopped
3-4 sprigs each rosemary, sage and thyme, leaves picked and chopped
2 tsp ground cumin
2 tsp ground coriander
1 tsp ground turmeric
1 Tbsp plain flour or gluten-free flour
1L (4 cups) salt-reduced chicken stock or gluten-free stock
500ml (2 cups) water
400g can butter beans, rinsed and drained
Freshly ground black pepper
3 x 50g sourdough rolls or gluten-free rolls, halved, to serve

1 Heat half the olive oil in a large saucepan over medium-high heat. Add chicken thighs to pan and cook, turning occasionally, for 3-4 minutes, or until browned. Transfer to a plate and set aside.

2 Heat remaining oil in pan over medium heat. Add brown onion and cook, stirring occasionally, for 10 minutes, or until onion softens and starts to brown. Add carrot, chopped herbs, cumin, coriander, turmeric and plain flour. Cook, stirring, for 1 minute. Add chicken stock, water and browned chicken thighs to pan, cover and simmer for 30 minutes.

3 Remove chicken thighs from pan. Shred meat and discard bones. Return chicken meat to pan with butter beans. Season with black pepper. Cook, stirring, over medium heat, until heated through.

4 Use a stick blender to blitz soup until smooth. Alternatively, if you prefer, blend about half so it's creamy but still features chunks of chicken, carrot and butter beans. Serve soup with half a roll. ■



RICE & EASY

This tasty salmon dinner provides a good hit of omega-3 fats to help promote heart health

cooking for two

SPINACH KEDGEREE WITH SPICED SALMON

PREP TIME: 15 MINS

COOK TIME: 45 MINS

SERVES 2 (AS A MAIN)

1 Tbsp flaked almonds, toasted, to serve (see Cook's Tip)

Spinach kedgerree

1 tsp olive oil

1 brown onion, halved and sliced

4cm piece ginger, finely chopped

½ tsp cumin seeds

½ tsp ground cinnamon

6-8 cardamom pods, seeds removed and crushed

1 tsp ground turmeric

1 tsp ground coriander

1 red chilli, deseeded and sliced

1 clove garlic, finely chopped

1 red capsicum, roughly chopped

60g (⅓ cup) brown basmati rice

375ml (1½ cups) salt-reduced vegetable stock or gluten-free stock

160g baby spinach leaves, roughly chopped

Spiced salmon

2½ Tbsp fat-free natural yoghurt

1 Tbsp finely chopped mint or coriander

½ tsp ground turmeric

½ tsp ground coriander

2 x 150g skinless and boneless salmon fillets

1 To make spinach kedgerree, heat oil in a large non-stick frying

pan over medium heat. Add onion and ginger and cook, stirring occasionally, for 5 minutes, or until onion starts to soften.

Add cumin seeds, cinnamon, crushed cardamom seeds, turmeric and coriander. Cook, stirring, for 30 seconds, or until spices are aromatic. Add red chilli, garlic, capsicum and basmati rice to pan. Stir well.

2 Pour stock into pan. Cover and bring to a simmer over medium heat. Reduce heat

to medium-low and cook, covered, for

35 minutes, or until rice is tender and stock has been absorbed. If rice is cooked but some liquid remains, remove lid and cook for a few minutes

more to allow liquid to

evaporate. Add spinach to pan.

Cover and set aside for

3 minutes to allow spinach to wilt.

3 Meanwhile, to make spiced salmon, preheat grill on medium heat. Line a baking tray with foil. Mix natural yoghurt with mint or fresh coriander, the turmeric and ground coriander. Spread yoghurt mixture over salmon fillets. Place salmon on lined tray and cook under preheated grill for 8-10 minutes, or until fish flakes easily with a fork.

4 Top kedgerree with salmon fillets or flake them into pieces first and then top rice mixture. Sprinkle over toasted flaked almonds and serve. ■

Cook's Tip

To toast the almonds, cook in a small non-stick frying pan over medium heat, stirring often, for 3-4 minutes, or until lightly toasted.

How our food works for you

see page 82

NUTRITION INFO **GFO**
PER SERVE 2140kJ, protein 41g, total fat 25g (sat. fat 7g), carbs 26g, fibre 9g, sodium 607mg **LC**

- Carb exchanges 1½
- GI estimate low
- Gluten-free option
- Lower carb

Salmon and spinach make a humble kedgerree that little bit special

Perfect pasta plates

Fancy making something different with a pack of pasta? Try these easy weeknight meals



GFO

TUNA ARRABIATTA PASTA GRATIN

Quick and easy to make, this hearty feast might just become a regular family staple.

see recipe, page 52 >>

NUTRITION INFO

PER SERVE 2070kJ, protein 40g, total fat 10g (sat. fat 3g), carbs 54g, fibre 12g, sodium 733mg
• Carb exchanges 3½ • GI estimate low • Gluten-free option

How our
food works
for you

see page 82

NUTRITION INFO

PER SERVE 1300kJ,
protein 13g, total
fat 10g (sat. fat 3g),
carbs 37g, fibre 10g,
sodium 672mg

- Carb exchanges 2½
- GI estimate low

Cook's Tip

When a block of parmesan is grated, it gradually loses its flavour, so grate it over just before serving.

HEARTY PASTA SOUP

Can't decide whether to have pasta or soup for dinner? Then have both!

see recipe, page 52 >>

comfort food

NUTRITION INFO **GFO**

PER SERVE 1780kJ,
protein 19g, total
fat 12g (sat. fat 3g),
carbs 56g, fibre 8g,
sodium 448mg
• Carb exchanges 3½
• GI estimate low
• Gluten-free option

PUMPKIN & BACON FUSILLI

PREP TIME: 10 MINS

COOK TIME: 40 MINS

SERVES 4 (AS A MAIN)

80g pancetta, chopped
1 Tbsp olive oil
750g butternut pumpkin,
peeled and deseeded, cut
into 2cm cubes
2 sprigs rosemary, leaves
chopped
½ tsp chilli flakes
3 cloves garlic, finely
chopped
Freshly ground black pepper
250g dried fusilli or
gluten-free pasta
150g English spinach, trimmed,
washed and chopped
20g grated parmesan, to serve

1 Put pancetta in a large non-stick frying pan. Cook over medium heat, stirring occasionally, for 6-8 minutes, or until pancetta is really crisp. Using a slotted spoon, transfer pancetta to a plate.
2 Add olive oil to pan with pumpkin, rosemary, chilli flakes and garlic. Cover and cook, stirring occasionally, for 25 minutes, until pumpkin is tender. Season with pepper. Gently crush some of pumpkin with back of a spoon.
3 Meanwhile, bring a large

saucepan of water to the boil. Add pasta and cook, following packet instructions, until it's al dente. Drain, reserving cooking water.

4 Add 1-2 ladles of pasta cooking water to pumpkin and simmer for 2-3 minutes. Add drained pasta and toss to combine. Stir in spinach. Divide pasta among plates. Sprinkle over pancetta, parmesan and freshly ground black pepper. Serve.

Go low carb

Substitute fusilli with 1½ pkts (300g) **Slendier Edamame Bean Spaghetti** and drop 550kJ and 39g carbs per serve!

NUTRITION INFO **GF** **LC**

PER SERVE (with Slendier) 1230kJ,
protein 23g, total fat 13g (sat. fat 3g),
carbs 17g, fibre 11g, sodium 450mg • Carb exchanges 1
• GI estimate low • Gluten free
• Lower carb



CREAMY TOMATO, ZUCCHINI & PRAWN PASTA

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A MAIN)

275g dried orecchiette pasta,
any other small pasta shape
or gluten-free pasta

1 Tbsp olive oil

2 cloves garlic, thinly sliced

400g zucchini, thinly sliced

2 x 400g cans no-added-salt
chopped tomatoes

Pinch caster sugar

Freshly ground black pepper

400g green prawns, peeled
and deveined

100g Philadelphia Light Cream
for Cooking

Small bunch basil, leaves
picked

2 cups rocket leaves

1 small avocado, chopped

Balsamic vinegar, to drizzle

1 Cook pasta in a large
saucepan of boiling water,
following packet directions,
until al dente.

2 Meanwhile, heat oil in
a large non-stick frying
pan over medium-high
heat. Add garlic and cook,
stirring, for 2 minutes. Add
zucchini and cook, stirring,
for 2-3 minutes, or until
zucchini starts to soften.

3 Add canned tomatoes
and sugar to pan. Season
with pepper. Simmer
for 10 minutes.

4 Add prawns to sauce
and simmer for 2-3 minutes,
or until just cooked. Drain
pasta and add to sauce with
cooking cream. Simmer for
1 minute. Stir in basil. Toss
rocket and avocado in a bowl.
Serve pasta with salad, drizzled
with a little balsamic. ➤

Go lighter

Substitute the orecchiette
pasta with 1½ pkts (300g)
Slendier Soy Bean Spaghetti
and reduce your carb count by
45g per serve and boost the
fibre content by 50 per cent!

NUTRITION INFO **GF** **LC**

PER SERVE (with Slendier)

1420kJ, protein 26g, total fat
16g (sat. fat 4g), carbs 15g,
fibre 12g, sodium 276mg

- Carb exchanges 1
- GI estimate low
- Gluten free • Lower carb

NUTRITION INFO **GF0**

PER SERVE 2060kJ,
protein 24g, total
fat 15g (sat. fat 4g),
carbs 60g, fibre 8g,
sodium 274mg

- Carb exchanges 4
- GI estimate low
- Gluten-free option



comfort food



Tuna arrabiatta pasta gratin

TUNA ARRABIATTA PASTA GRATIN

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 4 (AS A MAIN)

- 1 tsp olive oil
- 1 red and 1 yellow capsicum, sliced
- 2 cloves garlic, crushed
- Pinch chilli flakes
- 2 x 400g cans no-added-salt chopped tomatoes
- 50g pitted olives, whole or roughly chopped
- Pinch caster sugar
- Freshly ground black pepper
- 250g wholemeal pasta (such as penne) or gluten-free pasta
- 425g can tuna in springwater, drained and flaked
- 25g (¼ cup) fresh wholemeal breadcrumbs or gluten-free breadcrumbs
- 2 Tbsp grated parmesan

1 Heat oil in a large saucepan over medium-high heat. Add capsicum and cook, stirring often, for 5 minutes, or until capsicum starts to caramelise. Add garlic and chilli flakes. Cook, stirring, for 30 seconds.

2 Add canned tomatoes and chopped olives to pan. Add sugar and season with pepper. Cover and bring to boil over high heat. Reduce heat to medium



Hearty pasta soup

HEARTY PASTA SOUP

PREP TIME: 5 MINS

COOK TIME: 25 MINS

SERVES 4 (AS A MAIN)

- 1 Tbsp olive oil
- 2 carrots, chopped
- 1 large brown onion, finely chopped
- 500ml (2 cups) salt-reduced vegetable stock
- 500ml (2 cups) water
- 400g can no-added-salt chopped tomatoes
- 200g frozen mixed peas and beans
- 250g fresh ricotta and spinach tortellini
- Handful basil leaves, chopped, to serve
- Freshly ground black pepper
- 20g grated parmesan, to serve
- 4 x 30g slices sourdough bread, each spread with ½ tsp light margarine, to serve

1 Heat oil in a medium saucepan over medium heat. Add carrot and onion. Cook, stirring often, for 5 minutes, or until onion starts to soften. Add stock, water and canned tomatoes to pan. Increase heat to high and bring to boil. Reduce heat to medium and simmer for 5 minutes. Add peas and beans to pan and continue to cook for a further 3 minutes.

2 Add pasta to pan. Cover and return to boil. Simmer for 3-4 minutes, or until pasta is just cooked. Stir in basil. Season with pepper. Divide soup among serving bowls. Top with parmesan and serve with sourdough. ■

and simmer, uncovered, for 10 minutes.

3 Meanwhile, cook pasta in a large saucepan of boiling water, following packet instructions, until al dente. Drain.

4 Preheat grill on medium-high. Add pasta and tuna to tomato sauce. Toss to combine. Pour into a large ovenproof dish. Mix breadcrumbs and parmesan in a small bowl. Sprinkle over top. Place under preheated grill for 3-4 minutes, or until topping is crisp and golden. Serve.

Reduce your carbs

Substitute wholemeal pasta with **Atkins Lower Carb Penne** and reduce your carb count by 24g per serve!

NUTRITION INFO

PER SERVE (with Atkins) 2070kJ, protein 64g, total fat 10g (sat. fat 3g), carbs 30g, fibre 14g, sodium 758mg • Carb exchanges 2 • GI estimate low



HOLY crepe!

Sweeten up your evening with one of France's greatest gifts

CLASSIC CREPES

PREP TIME: 10 MINS (+ 30 MINS RESTING)

COOK TIME: 15 MINS

MAKES 12 (1 PER SERVE; AS A DESSERT)

50g (1/3 cup) plain flour

60g egg

150ml skim milk

2 tsp sunflower or vegetable oil, plus a little extra for frying

Lemon wedges and 1/2 tsp caster sugar or granulated sugar substitute, per serve

1 Put flour, eggs, milk and 1 Tbsp oil into a bowl. Whisk until smooth. Set aside for 30 minutes to rest.

2 If batter thickens while resting, whisk in extra milk until it's the consistency of double cream.

3 Heat medium, non-stick frying or crepe pan over medium heat and wipe with oiled kitchen paper. When hot, pour in half a ladleful of batter, quickly swirl pan for a thin, even layer and pour excess batter into a jug.

4 Cook crepe for 1 minute on each side. Transfer to a plate and cover with foil to keep warm. Repeat with remaining batter. Serve with lemon wedges and sugar. ■

Cook's Tip

To freeze, leave to cool completely. Layer between pieces of baking paper. Freeze in an airtight container for up to 2 months.

NUTRITION INFO **LC**

PER SERVE (with sugar) 353kJ, **protein** 3g, **total fat** 3g (sat. fat 0g), **carbs** 10g, **fibre** 1g, **sodium** 28mg • **Carb exchanges** 1/2 • **GI estimate** high • **Lower carb**

PER SERVE (with sugar **LC**)

substitute) 323kJ, **protein** 3g, **total fat** 3g (sat. fat 0g), **carbs** 8g, **fibre** 1g, **sodium** 28mg • **Carb exchanges** 1/2 • **GI estimate** high • **Lower carb**

How our food works for you
see page 82

Berrylicious

You can replace lemon and sugar with 1/2 cup defrosted frozen **mixed berries** per serve.

NUTRITION INFO

PER SERVE 426kJ (with mixed berries), **protein** 4g, **total fat** 3g (sat. fat 0g), **carbs** 12g, **fibre** 3g, **sodium** 30mg • **Carb exchanges** 1 • **GI estimate** medium

food in focus

How SWEET *it is*

Bright, vibrant sweet potatoes
bring a lively (and nutritious)
spin to winter comfort food

GF LC

ROASTED SWEET POTATO WEDGES WITH CORIANDER & ALMOND SMASH

Behold, hot chips you can
really feel good about!
see recipe, opposite >>



ROASTED SWEET POTATO WEDGES WITH CORIANDER & ALMOND SMASH

PREP TIME: 10 MINS

COOK TIME: 20 MINS

SERVES 6 (AS A SNACK)

250g orange sweet potato, unpeeled, cut into 2.5cm wedges
2 Tbsp olive oil
⅓ cup chopped coriander
2 Tbsp finely chopped red capsicum
2 Tbsp toasted flaked almonds (see Cook's Tip)
1 clove garlic, crushed
1 Tbsp fresh lime juice
Freshly ground black pepper

1 Preheat oven to 200°C (fan-forced). Place a large baking tray in the oven to preheat.

2 Toss sweet potato with half the oil in a large bowl. Spread in an even layer over preheated tray. Roast for 20 minutes, turning halfway during cooking, or until tender and beginning to brown.

3 Meanwhile, combine coriander, capsicum, almonds, garlic, lime juice, pepper and remaining oil. Mash up to combine flavours. Set aside.

4 Divide sweet potato wedges among six plates and top with coriander mixture. Serve.

COOK'S TIP

To toast almonds, cook in a small, non-stick frying pan over medium heat, stirring, for 3-4 minutes, until lightly browned and fragrant. ➤

NUTRITION INFO

PER SERVE 483kJ, protein 2g, total fat 9g (sat. fat 1g), carbs 6g, fibre 2g, sodium 5mg • Carb exchanges ½ • GI estimate low • Gluten free • Lower carb

How our food works for you
see page 82

food in focus

CHILLI STUFFED SWEET POTATO

PREP TIME: 15 MINS

COOK TIME: 50 MINS

SERVES 4 (AS A MAIN)

2 small (about 250g each) orange sweet potatoes, scrubbed
1 Tbsp canola oil
250g extra lean beef mince
2 green shallots, sliced, with green and white parts separated
2 Tbsp no-added-salt tomato paste
230g jar chipotle peppers in adobo, chopped
1 Tbsp smoked paprika
1 cup rinsed and drained no-added-salt red kidney beans
125ml (½ cup) water
60g (½ cup) grated low-fat cheese

4 Tbsp fat-free Greek-style natural yoghurt

1 Preheat oven to 200°C (fan-forced). Line a baking tray with foil.
2 Prick sweet potatoes several times with a fork and place on lined tray. Bake for 40-45 minutes, or until tender when pierced with a knife. Set aside to cool slightly.
3 Meanwhile, heat canola oil in a large, non-stick frying pan over medium-high heat. Add beef mince and white parts of shallots. Cook, stirring and breaking up beef with a wooden spoon, until browned. Add tomato paste, chipotle peppers and smoked

paprika. Cook, stirring, for 1 minute. Add kidney beans and water. Cook, stirring, until most of the liquid has evaporated. Cover and keep warm.

4 Slice sweet potatoes in half lengthways. Leaving skins intact, carefully scoop flesh into a medium bowl. Add 1 cup beef chilli mixture and stir to combine. Fill each potato skin with sweet potato-chilli mixture (skins will be full). Return to lined tray and top with rest of chilli mixture and sprinkle with cheese.

5 Bake for 5 minutes, or until cheese melts and stuffed potatoes are heated through. Top with yoghurt and green parts of shallots. Serve. ➤



NUTRITION INFO **GF**
PER SERVE 1560kJ,
protein 27g, total
fat 14g (sat. fat 5g),
carbs 32g, fibre 11g,
sodium 707mg
• Carb exchanges 2
• GI estimate low
• Gluten free

GFO LC

SWEET POTATO TORTILLA SOUP

Beware – any
leftovers may create
a Mexican standoff.
see recipe, page 59 >>

NUTRITION INFO

PER SERVE 1160kJ,
protein 11g, total
fat 14g (sat. fat 3g),
carbs 24g, fibre 6g,
sodium 486mg

- Carb exchanges 1½
- GI estimate low
- Gluten-free option
- Lower carb

GFO

SWEET POTATO, FISH & CURRY STEW

Warm and spicy for
coller nights.
recipe, page 59 >>

NUTRITION INFO

PER SERVE 1990kJ,
protein 36g, total
fat 12g (sat. fat 5g),
carbs 51g, fibre 8g,
sodium 190mg

- Carb exchanges 3½
- GI estimate low
- Gluten-free option

**NUTRITION INFO****GF**

PER SERVE 1170kJ,
protein 12g, total
fat 15g (sat. fat 2g),
carbs 22g, fibre 7g,
sodium 122mg

LC

- Carb exchanges 1½
- GI estimate low
- Gluten free
- Lower carb

ROASTED SWEET POTATO & KALE HASH

PREP TIME: 10 MINS

COOK TIME: 30 MINS

SERVES 4 (AS A LIGHT MEAL)

450g orange sweet potato, cut
into 1½cm pieces

1 red onion, halved and sliced

2 Tbsp canola oil

1 tsp garlic powder

4 cups chopped kale

4 x 60g eggs

Freshly ground pepper (optional)

1 Preheat oven to 200°C
(fan-forced). Place a large,

shallow ovenproof dish in
oven to preheat.

2 Put sweet potato, onion,
1 Tbsp oil and ½ tsp garlic
powder in a bowl. Toss well to
combine. Spread in an even
layer on preheated ovenproof
dish. Roast for 20 minutes.

3 Toss kale with remaining oil
and garlic powder. Remove
sweet potato from oven. Stir.
Scatter kale on top. Continue
to roast for a further 10 minutes,
or until sweet potato softens
and kale wilts and is slightly
crisp. Stir to combine.

4 Meanwhile, bring 5cm of

water to the boil in a large,
deep frying pan or saucepan.
Reduce heat to medium-low
to maintain a gentle simmer.
Crack each egg into a small
bowl and then slip them, one
at a time, into simmering water,
taking care not to break
yolks. Poach for 4 minutes for
soft set, 5 minutes for medium
or 8 minutes for hard set. Using
a slotted spoon, transfer eggs
to a plate lined with paper towels.

5 Divide vegetable hash
between 4 plates. Top each
serving with an egg. Season
with pepper, if you like. Serve.



Sweet potato tortilla soup

SWEET POTATO TORTILLA SOUP

PREP TIME: 15 MINS

COOK TIME: 30 MINS

SERVES 8 (AS A LIGHT MEAL)

- 2 Tbsp canola oil
- 4 x 20g tortillas or gluten-free tortillas, halved and thinly sliced
- 1 long green chilli, deseeded and chopped
- 1 brown onion, chopped
- 1 Tbsp Mexican chilli powder
- 750ml (3 cups) salt-reduced or gluten-free vegetable stock
- 250ml (1 cup) water
- 500g orange sweet potato, cut into 1.25cm pieces
- 400g can no-added-salt chopped tomatoes
- 420g can no-added-salt black beans, rinsed and drained
- Juice of 1 lime
- 3 radishes, halved and thinly sliced
- 1/3 cup pepitas
- 100g reduced-fat feta, crumbled
- 1 small avocado, chopped

1 Heat oil in a medium saucepan over medium heat. Add tortilla strips and cook, stirring occasionally, for 5 minutes, or until golden brown and crisp. Use a slotted spoon to transfer to a plate lined with paper towel.

2 Add chilli, onion and chilli powder to pan. Cook, stirring, for 2 minutes, or until onion is starting to soften. Stir in stock, water, sweet



Sweet potato, fish & curry stew

potato, chopped tomatoes and black beans. Bring to a simmer over high heat. Cover and reduce heat to medium. Simmer, stirring occasionally, for 20 minutes, or until sweet potato softens.

3 Stir lime juice into soup. Ladle soup among serving bowls. Top each one with radish slices, pepitas, feta, chopped avocado and tortilla chips. Serve.

SWEET POTATO, FISH & CURRY STEW

PREP TIME: 15 MINS

COOK TIME: 40 MINS

SERVES 4 (AS A MAIN)

- 500ml (2 cups) water
- 110g (1/2 cup) long-grain brown rice
- 2 tsp cornflour or gluten-free cornflour
- 230ml Carnation Light & Creamy Evaporated Milk
- 165ml can light coconut milk
- 1 Tbsp canola oil
- 1 Tbsp chopped ginger
- 3 cloves garlic, finely chopped
- 1 yellow capsicum, halved and sliced
- 500g orange sweet potato, cut into 2cm pieces
- 1 Tbsp mild curry powder or gluten-free curry powder
- 4 (125g each) skinless and

boneless white fish fillets, cut into 2cm pieces

3 Tbsp chopped coriander, plus extra to serve

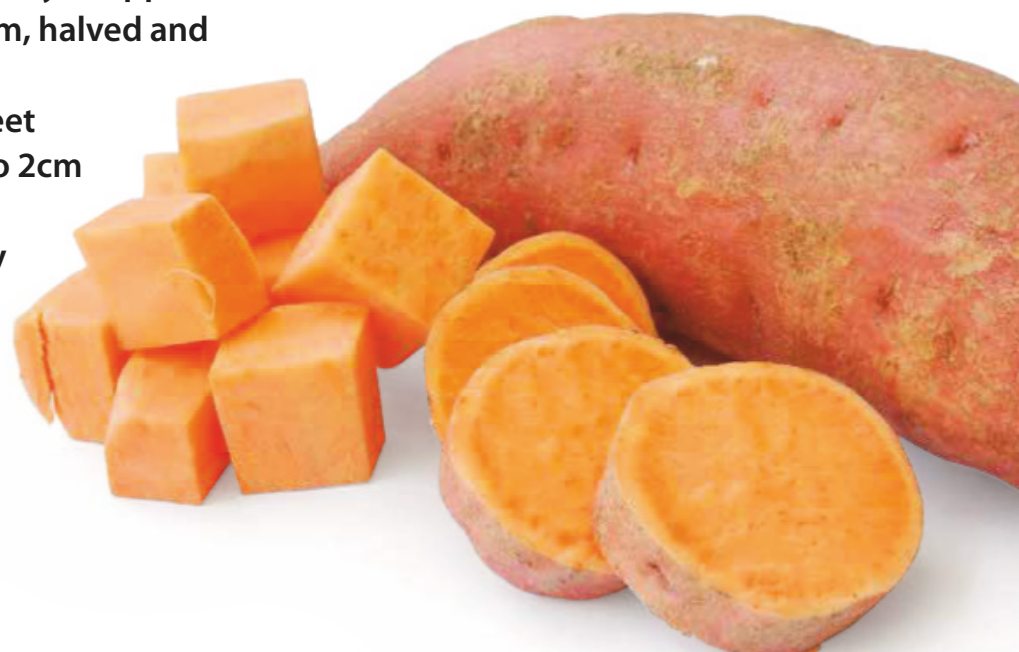
2 tsp fresh lime juice, plus lime wedges to serve (optional)

1 Combine water and rice in a medium saucepan and bring to the boil over high heat. Reduce heat to medium-low. Cover and cook for 40 minutes, or until rice is tender and most of the water has been absorbed. Drain off excess water, if necessary.

2 Meanwhile, combine cornflour and a little evaporated milk in a jug until smooth. Stir in remaining milk and coconut milk. Set aside. Heat oil in a large, non-stick frying pan over medium heat. Add ginger and garlic. Cook, stirring, for 30 seconds. Add capsicum, sweet potato and curry powder. Stir until well combined. Add milk mixture and bring to a simmer. Cover and simmer for 10-15 minutes, stirring occasionally, or until sweet potato is just tender when pierced with a fork.

3 Add fish to pan, pushing into mixture slightly. Cover and continue cooking for 5-8 minutes, or until sweet potato is tender and fish flakes easily when pierced with a fork.

4 Stir coriander and lime juice into pan. Serve over rice. Top with extra coriander and lime wedges, if using. ■





COOKING SCHOOL

UNDER PRESSURE

**Use a pressure
cooker (with
confidence!)
to make healthy
meals in record time**

If memories of your grandmother's pressure cooker hissing on the stove have you hesitating about using one, it's time to reconsider. Modern pressure cookers are a significant improvement on old-fashioned jiggle-top cookers. Modern models such as the electric multicooker cook silently and have multiple safety measures built into the design.

CHICKEN, BARLEY & ROOT VEGETABLE SOUP

PREP TIME: 15 MINS

COOK TIME: 15 MINS

SERVES 4 (AS A MAIN)

- 1 Tbsp olive oil
- 1 large brown onion, chopped
- 2 stalks celery, chopped
- 3 cloves garlic, crushed
- 100g (½ cup) pearl barley
- 750ml (3 cups) salt-reduced chicken stock
- 150ml water
- 500g bone-in chicken breast or thighs with skin on
- 2 large carrots, cut into 2.5cm chunks
- 2 large parsnips, cored and cut into 2.5cm chunks

- ½ cup chopped dill
- 3 Tbsp fresh lemon juice, plus lemon wedges for serving (optional)
- Freshly ground black pepper

1 Heat oil in a multicooker using sauté setting. Add onion and celery. Cook, stirring occasionally, for 3-5 minutes, or until onion softens. Add garlic. Cook, stirring, for 30 seconds.

2 Add barley to cooker and stir to coat. Add stock, water, chicken, carrot and parsnip. Lock lid in place and twist steam-release handle to the sealed position. Select Pressure Cook/High for 8 minutes (or follow manufacturer's directions to pressure-cook for 8 minutes).

3 When cooking is complete, let pressure release naturally for 10 minutes. Release remaining pressure manually. Check chicken is cooked, and barley and vegies are tender. If necessary, switch to sauté setting and cook until everything is done.

4 Using tongs, transfer chicken to a clean cutting board. When it is cool enough to handle, remove and discard the skin and bones. Shred or cut chicken into bite-sized pieces. Return chicken to soup and heat through using the sauté setting, if necessary. Stir in dill, lemon juice and pepper. Serve with lemon wedges, if desired. ➤

How our
food works
for you
see page 82

NUTRITION INFO **LC**
PER SERVE 1280kJ,
protein 28g, total
fat 8g (sat. fat 1g),
carbs 26g, fibre 10g,
sodium 597mg
• Carb exchanges 1½
• GI estimate low
• Lower carb



HOW PRESSURE COOKING WORKS

A pressure cooker traps steam rising from boiling liquid, which increases the pressure on the liquid. This raises the temperature at which the liquid boils. Without pressure, water at sea level boils at 100°C. Under high pressure in an electric pressure cooker, the temperature of boiling water can reach 115-118°C. The higher temperature, combined with the pressure in the pot that forces hot steam into the ingredients, cooks food much faster than traditional methods.

WHEN TO USE A PRESSURE COOKER

Using this tool can make most recipes about 50 per cent faster. You can use one for just about any kind of moist-heat cooking. It's ideal for braised dishes – such as stews, pot roast and dried beans – that take a long time to cook with traditional methods. It's also useful for chilli and broths, because pressure-cooking intensifies flavours, and for cooking vegetables and “boiling” eggs, because of the precise timing it provides.

UNDERSTANDING PRESSURE

Electric pressure cookers use a float valve to show when the device is under pressure: the valve rises when the device is pressurised and falls when it's depressurised. It is impossible to open the cooker when the float valve is raised (but do not try!). Once cooking stops, it takes 10-30 minutes for the pressure to release naturally (see “Releasing Pressure” below). If you listen, you can hear a faint click as the float valve falls.

SEALING & PRESSURISING

First, make sure you have the right amount of liquid. In a 7L multicooker, you need at least 2 cups of liquid; check your cooker's manual. Don't fill the inner pot more than two-thirds full (half full for foods that expand, such as rice). The more liquid in the cooker, the longer it will take to reach pressure, and to depressurise. Next, check the sealing ring (silicone gasket) and lock the lid. If you have difficulty locking the lid in place, the gasket may not be properly nestled in the groove on the underside of the lid. (Replace the gasket if worn or torn.) Select pressure-cook setting and time. Now, all you need to do is wait as the device pressurises and cooks. While actual cooking time is often just a few minutes, you have to allow time for the cooker to reach high pressure and to depressurise at the end of cooking. If the cooker seems to be taking too long to reach high pressure, make sure the steam-release handle is in the sealing position.

Releasing Pressure

Whenever you cook under pressure, you need to release the pressure before you open the pot. There are several ways to do this:

- **NATURAL RELEASE:** Simply wait until the float valve falls, which may take up to 30 minutes. We recommend this method for meat, foods that may froth (such as beans and lentils), dishes that contain a lot of liquid (such as soups) and starchy foods (such as porridge). The more liquid in the pot, the longer it will take for a natural pressure release.
- **MANUAL RELEASE** (also called Quick Release): With this method, you manually twist the steam-release handle to the venting position. Caution: steam can burn! Use tongs or protect your hand with an oven mitt or folded kitchen towel. Don't put your face close to the steam-release valve, and make sure the valve is situated so the jet of releasing steam will not blow onto cupboards. Use this method (straight after cooking) for vegies and delicate ingredients such as seafood. You can also do this when adding ingredients part-way through cooking.
- **COMBINATION RELEASE:** With a combination release, you let the pressure release naturally for 10-15 minutes, then release the remaining pressure manually. This saves some time and is the method we recommend in our recipes. ➤



*It's full steam
ahead for
beautifully
braised beef
every time*

NUTRITION INFO **GFO**

PER SERVE (with pasta)
2080kJ, **protein** 37g,
total fat 20g (sat. fat 4g),
carbs 32g, **fibre** 11g,
sodium 301mg
• Carb exchanges 2
• GI estimate low
• Gluten-free option

PER SERVE (without **GFO** **LC**)

(without pasta) 1660kJ, **protein**
34g, **total fat** 19g (sat. fat
4g), **carbs** 14g, **fibre** 8g,
sodium 298mg
• Carb exchanges 1
• GI estimate low
• Gluten-free option
• Lower carb



**BEEF
BOURGUIGNON**
A melt-in-the-mouth,
meaty marvel!
see recipe, page 65 >>

LEMONY PRAWN & PEA RISOTTO

PREP TIME: 5 MINS

COOK TIME: 25 MINS

SERVES 6 (AS A MAIN)

2 Tbsp olive oil
1½ brown onions, chopped
300g arborio rice
200ml white wine
500ml (2 cups) hot fish stock or
gluten-free fish stock
200ml boiling water
400g peeled and deveined raw
prawns
250g frozen peas
1 red chilli, deseeded, finely
chopped
Zest and juice of 1 lemon

Salad

250g cherry tomatoes, halved
1 large Lebanese cucumber,
chopped
150g baby spinach leaves
1 large red capsicum, cut into thin
strips
10g parmesan shavings

1 Heat half the oil in a multicooker on sauté setting. Add onion and cook, stirring occasionally, for 8-10 minutes, or until soft but not coloured. Stir in rice until completely coated in oil. Stir continuously over heat until rice is shiny and the edges of the

grain start to look transparent.

2 Pour white wine into cooker and simmer until it completely evaporates. Pour in stock and water. Lock lid in place and twist steam-release handle to sealed position. Select Pressure Cook/High for 5 minutes, then manually release pressure. Select sauté setting. Stir through prawns and peas. Simmer gently until prawns change colour. The risotto should be creamy and slightly soupy.

3 Stir through chilli, lemon juice and remaining olive oil. Let risotto rest for a few minutes. Scatter over lemon zest.

4 For salad, toss halved tomatoes, cucumber, spinach and capsicum.

Top salad with parmesan and serve with risotto.

Peas and prawns make risotto perfection

Cook's Tip
A pressure cooker
makes creamy risotto
without constant
stirring.

NUTRITION INFO **GFO**

PER SERVE 1630kJ, protein
23g, total fat 8g (sat. fat 1g),
carbs 50g, fibre 8g, sodium
523mg • Carb exchanges 3½
• GI estimate medium
• Gluten-free option



Beef bourguignon

BEEF BOURGUIGNON

PREP TIME: 15 MINS

COOK TIME: 1 HOUR

SERVES 4 (AS A MAIN)

500g chuck steak, trimmed of fat
and cut into 1.5cm chunks

Freshly ground black pepper

2 Tbsp canola oil

160ml (2/3 cup) dry red wine

1 large brown onion, chopped

2 carrots, finely chopped

4 cloves garlic, crushed

1/2 tsp dried thyme leaves

400g can no-added-salt chopped
tomatoes

250ml (1 cup) salt-reduced beef
stock or gluten-free beef stock

1 bay leaf

250g baby (pickling) onions, peeled

450g button mushrooms,
quartered

2 Tbsp cornflour or gluten-free
cornflour

2 Tbsp water

1-2 tsp red wine or cider vinegar

2 Tbsp chopped flat-leaf parsley,
to serve

120g dry wholemeal pasta or
gluten-free pasta, cooked
following packet directions

1 Pat beef dry and sprinkle with pepper. Heat 2 tsp oil in a large non-stick frying pan over medium-high heat. Add half the beef and cook, turning occasionally, for 4-5 minutes, or until well browned. Transfer to

a plate. Add another 2 tsp oil and brown remaining beef. Transfer to plate. Add red wine to pan and cook, stirring to scrape up any browned bits, until liquid reduces by about half.

2 Meanwhile, heat 2 tsp oil in a multicooker using sauté setting. Add onion and carrot. Cook, stirring occasionally, for 5-6 minutes, or until onion softens. Add garlic and thyme. Cook, stirring, for 30 seconds, or until aromatic. Add chopped tomatoes, stock, bay leaf and baby onions to cooker. Add beef with any accumulated juices and reduced wine mixture to cooker.

3 Lock lid in place and twist the steam-release handle to the sealed position. Select Pressure Cook/High for 40 minutes (or

follow manufacturer's directions to pressure-cook for 40 minutes). When cooking is complete, let the pressure release naturally for 15 minutes.

4 Meanwhile, heat remaining oil in pan over medium-high heat. Add quartered mushrooms and cook, stirring occasionally, for 8-10 minutes, or until tender and lightly browned.

5 Release remaining pressure in the multicooker manually. Select sauté setting. Mix cornflour and water in a small bowl and add to casserole. Cook, stirring, for 2 minutes, or until mixture thickens slightly. Stir in vinegar to taste. Add mushroom pieces and stir to combine. Sprinkle with flat-leaf parsley, if using. Serve with pasta. ■

pressure cooker



A full 'natural release' can take up to 30 minutes to depressurise the cooker. Use a 'quick release' or 'combination release' to save time

breakfast

Magic PORRIDGE POTS

Quick and easy toppers to
perk up your daily oats

BASIC PORRIDGE

Place 4½ Tbsp (30g) **rolled oats** and 150ml **skim milk** in a small saucepan. Cook, stirring, over medium heat for 5-6 minutes, or until oats are tender and mixture thickens. Serves 1 (as a breakfast).

NUTRITION INFO **LC**

PER SERVE 696kJ, protein 10g, total fat 3g (sat. fat 1g), carbs 24g, fibre 3g, sodium 82mg • Carb exchanges 1½ • GI estimate low • Lower carb

GLUTEN-FREE PORRIDGE

Bring 250ml (1 cup) **water** to the boil in a small saucepan. Add 35g (⅓ cup) **quinoa flakes** and cook, stirring, for 90 seconds. Serves 1 (as a breakfast). ➤

NUTRITION INFO **GF** **LC**

PER SERVE 564kJ, protein 5g, total fat 2g (sat. fat 0g), carbs 22g, fibre 2g, sodium 9mg • Carb exchanges 1½ • GI estimate low • Gluten free • Lower carb



2



1



4



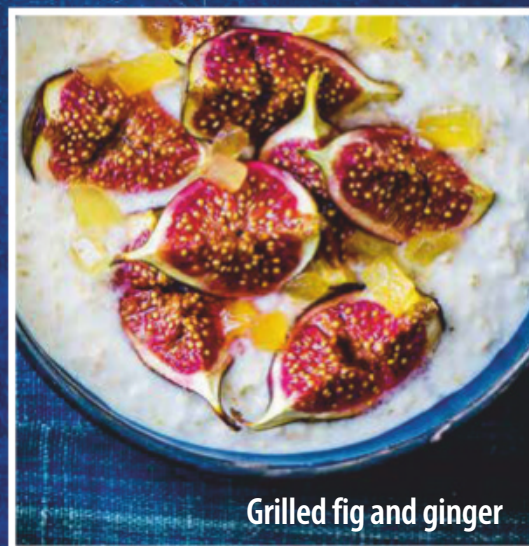
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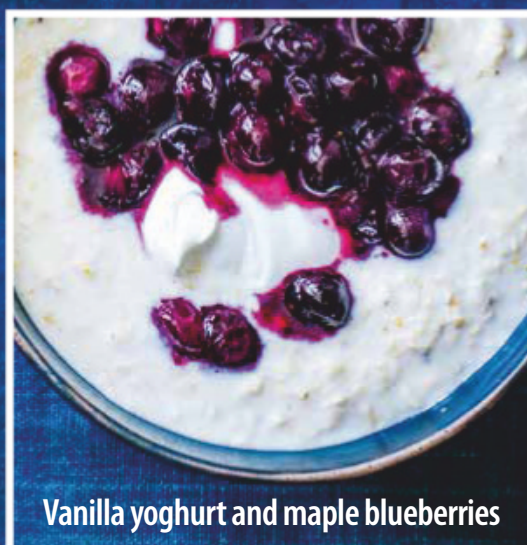
Start your day off right with a warming bowl



Tahini, date and toasted almonds



Grilled fig and ginger



Vanilla yoghurt and maple blueberries



Spiced raisins and apple

1 TAHINI, DATE AND TOASTED ALMONDS

Pit and chop 2 **Medjool dates**. Toast 2 tsp **flaked almonds** in a dry non-stick frying pan until golden. Drizzle ½ Tbsp **tahini** over porridge. Sprinkle over dates and toasted almonds. Serves 1 (as a topping).

NUTRITION INFO **GF**

PER SERVE (topping only) 1000kJ, protein 4g, total fat 10g (sat. fat 1g), carbs 31g, fibre 6g, sodium 18mg
• Carb exchanges 2 • GI estimate low
• Gluten free

2 GRILLED FIG AND GINGER

Cut 2 **figs** into quarters then brush with **syrup** from a jar or packet of glacé ginger and cook under a grill preheated on medium-high for 3-4 minutes,

or until softened. Dice 5g **glacé ginger**. Top porridge with figs and ginger. Drizzle with a little more syrup. Serves 1 (as a topping).

NUTRITION INFO **GF**

PER SERVE (topping only) 343kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 17g, fibre 3g, sodium 3mg
• Carb exchanges 1 • GI estimate medium • Gluten free

3 VANILLA YOGHURT AND MAPLE BLUEBERRIES

Put ½ cup **blueberries** and 1 Tbsp **sugar-free maple syrup** in a small saucepan. Heat gently until they soften. Mix 2 Tbsp **Greek-style natural yoghurt** with a few drops **vanilla extract** and spoon over porridge. Top with blueberry and syrup mixture. Serves 1 (as a topping).

NUTRITION INFO **GF**

PER SERVE (topping only) 373kJ, protein 4g, total fat 1g (sat. fat 1g), carbs 13g, fibre 2g, sodium 89mg
• Carb exchanges 1 • GI estimate low
• Gluten free

4 SPICED RAISINS AND APPLE

Put 2 Tbsp **raisins** or **sultanas** in a bowl and pour over just-boiled **water** to cover. Dice ½ unpeeled and cored **apple** and toss with a squeeze of **lemon juice** and a pinch each **ground nutmeg** and **cinnamon**. Drain raisins and add to apple mix. Spoon over porridge. Serves 1 (as a topping). ■

NUTRITION INFO **GF**

PER SERVE (topping only) 557kJ, protein 1g, total fat 0g (sat. fat 0g), carbs 30g, fibre 3g, sodium 4mg
• Carb exchanges 2 • GI estimate low
• Gluten free

TURMERIC TEA

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVES 2 (AS A DRINK)

3 tsp ground turmeric
 1 Tbsp grated ginger
 Zest of 1 small orange
 500ml (2 cups) boiling water
 2 slices lemon, to serve
 ½ tsp honey or agave syrup, per person, to serve

1 Put ground turmeric, grated ginger and orange zest in a teapot or heatproof jug. Pour over boiling water. Stir. Cover and set aside to infuse for 5 minutes.

2 Strain tea through a sieve or tea strainer into two mugs or cups. Add a slice of lemon to each. Sweeten beverage with honey or agave syrup. Serve. ■

How our
food works
for you
see page 82

NUTRITION INFO

GF

LC

PER SERVE 130kJ,
 protein 0g, total
 fat 0g (sat. fat 0g),
 carbs 5g, fibre 1g,
 sodium 10mg

- Carb exchanges ½
- GI estimate low
- Gluten free
- Lower carb

Turmeric

TEATIME

This bright orange spice is popping up everywhere. Use it to whip up your own warming caffeine-free drink



GF

HONEY-BAKED APPLES WITH HAZELNUTS AND YOGHURT

The cinnamon note lifts the flavours in this easy-to-make treat.
see recipe, page 74 >>

How our food works for you
see page 82

NUTRITION INFO

PER SERVE 605kJ, protein 4g, total fat 2g (sat. fat 0g), carbs 25g, fibre 4g, sodium 37mg

- Carb exchanges 1½
- GI estimate low
- Gluten free

Warming WINTER DESSERTS

Simple, healthy ingredients are transformed
into cool-weather puddings you'll love



NUTRITION INFO

PER SERVE 791kJ, protein 3g,
total fat 8g (sat. fat 2g), carbs 24g,
fibre 4g, sodium 45mg • Carb
exchanges 1½ • GI estimate low

SPICY APPLE CRUMBLE

Australia's own apple, the
Granny Smith, is best in
this yummy classic.
see recipe, page 74 >>

dessert

GF

10-MINUTE WINTER FRUIT COMPOTE

Delicious desserts don't
come much easier than
this tempting creation.

see recipe, page 74 >>

*Who says desserts
have to take a long
time to prepare?*

NUTRITION INFO

PER SERVE 582kJ,
protein 2g, total
fat 0g (sat. fat 0g),
carbs 31g, fibre 3g,
sodium 48mg
• Carb exchanges 2
• GI estimate low
• Gluten free





**MULLED WINE
WINTER PUDDINGS**
Simple ingredients make
for a wonderful dessert.
see recipe, page 75 >>

NUTRITION INFO
PER SERVE 818kJ,
protein 6g, total
fat 1g (sat. fat 0g),
carbs 36g, fibre 6g,
sodium 206mg
• Carb exchanges 2½
• GI estimate low

HONEY-BAKED APPLES WITH HAZELNUTS AND YOGHURT

PREP TIME: 10 MINS

COOK TIME: 40 MINS

SERVES 4 (AS A DESSERT)

4 small pink lady apples
1 Tbsp honey
1 Tbsp apple cider vinegar
1 tsp ground cinnamon
1 Tbsp hazelnuts, toasted and roughly chopped (see Cook's Tip)
130g (½ cup) 0% fat Greek-style natural yoghurt

1 Preheat oven to 180°C (fan-forced). Halve each apple and remove the core. Put in a baking dish that fits the apples snugly.

2 Mix honey, apple cider vinegar and cinnamon in a small bowl. Drizzle over halved apples. Bake for 40 minutes, turning and basting apples after 20 minutes, or until they are soft.

3 Divide apples between serving bowls. Drizzle over syrup. Sprinkle with chopped hazelnuts and serve with yoghurt.

COOK'S TIP

To toast the nuts, cook in a small non-stick frying pan over medium heat for 4-5 minutes, or until nuts are aromatic. Set aside to cool slightly and then chop.



Honey-baked apples with hazelnuts and yoghurt



Spicy apple crumble

SPICY APPLE CRUMBLE

PREP TIME: 15 MINS

COOK TIME: 55 MINS

SERVES 6 (AS AN

OCCASIONAL DESSERT)

140g rolled oats
25g almond meal
1 Tbsp sesame seeds
1 tsp ground cinnamon
50g light margarine
1 tsp honey
800g apples (such as Granny Smith apples), peeled, cored and roughly chopped
Zest and juice of 1 large orange
10 cardamom pods
1 Tbsp brown sugar

1 Preheat oven to 160°C (fan-forced). Combine rolled oats, almond meal, sesame seeds and ground cinnamon in a large bowl. Melt margarine in a small non-stick frying pan over medium heat. Add margarine to oat mixture with honey and mix until it looks like rough breadcrumbs (you may need to use your hands to do this).

2 Put chopped apples with orange zest and juice and cardamom pods in a

saucepan. Cook over medium heat, stirring occasionally, for 10 minutes, or until softened.

Pick out cardamom pods. Spoon into a baking dish and sprinkle with brown sugar. Scatter over crumble mixture. Bake for 40 minutes, or until top is golden. Serve warm.

Health Tip

An occasional dessert tends to be higher in either kilojoules, carbs and/or fat. Keep these desserts for special celebrations to share with friends and family.

10-MINUTE WINTER FRUIT COMPOTE

PREP TIME: 5 MINS

COOK TIME: 5 MINS

SERVES 6 (AS A DESSERT)

250g mixed dried whole fruit, halved or quartered
100ml fresh orange juice
Half stick cinnamon
3 cloves
3 black peppercorns
4 Tbsp 0% fat Greek-style natural yoghurt, to serve

1 Place dried fruit, orange juice and whole spices in a microwave-safe bowl. Microwave on High/100% for 4-5 minutes, stirring halfway through cooking, until juices become sticky and fruit chunks are plump.

2 Set fruit aside for a few minutes to rest. Serve compote with Greek-style yoghurt.





10-minute winter fruit compote



Mulled wine winter puddings

MULLED WINE WINTER PUDDINGS

PREP TIME: 45 MINS (+ INFUSING AND CHILLING OVERNIGHT)
SERVES 6 (AS AN OCCASIONAL DESSERT)

600g frozen mixed berries, defrosted, juices reserved
50g caster sugar
Juice of ½ lemon
200ml red wine (something fruity such as shiraz or malbec)
1 star anise
1 stick cinnamon
2 cloves
2 strips orange peel
10 slices low-GI high-fibre white bread
Low-fat Greek-style natural yoghurt, to serve (optional)

1 Put fruit and reserved juices, along with caster sugar and lemon juice, into a medium saucepan. Cook over medium heat for 5 minutes, or until fruit has released a lot of juice but has only just started to break down. Pour mixture into a fine sieve set over a bowl. Set aside for 20 minutes, or until all juice has drained from fruit.

2 Put fruit syrup into a small pan with red wine, star anise, cinnamon, cloves and orange

peel. Bring to a simmer and cook for 5 minutes. Cover and set aside for 1 hour to infuse flavours into syrup.

3 Line 6 small pudding moulds with plastic wrap, leaving enough overhanging to cover puddings later. Use a 5cm round cutter to cut 6 discs out of 2 pieces of bread, to fit bases of moulds. Using remaining bread, cut out 6 x 7cm discs for lids and then as many rectangles, roughly measuring 4cm x 5cm wide, as you can.

4 Dip smaller circles in syrup then put in bases of moulds. Repeat with rectangular pieces, fitting them around sides of moulds and making sure they overlap a little so they stick together. Fill each mould with fruit right to the brim and top up with a tablespoon or so of syrup.

Finally, soak larger discs of bread in syrup and put on top of puddings, then cover them with overhanging plastic wrap. Chill any remaining syrup.

5 Put finished puddings onto a baking tray in the fridge and set a second tray on top with something heavy to secure it in place. This weighting will help seal puddings and make sure they come out in one piece when served. Leave puddings in the fridge for 6-8 hours, or overnight, before serving.

6 When ready to dish up, unwrap moulds and turn puddings out onto serving plates. Top with leftover syrup and a dollop of Greek-style natural yoghurt, if so desired. ■

Mmm... let the fridge do most of the work for this plucky pud



HOT *drinks*

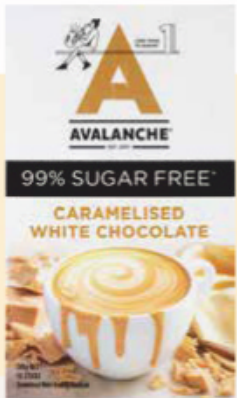
When it comes to winter warmers, not all cups are created equal

▶▶ Hot drinks can be a great way of boosting your fluid intake during these cooler months. However, some options may also boost your carb, fat and energy intake, which could contribute to unintentional weight gain, making your diabetes harder to manage.

There is a huge range of caffeinated, decaffeinated, sweetened and unsweetened options on the market today. When choosing your everyday winter warming drinks, look for those that contain:

- **Less than 350kJ per serve.**
- **No more than 11g carbs (½ exchange) per serve – and remember to count them as part of your carb intake.**
- **Up to 3g of total fat per serve.**
- **Less than 150mg sodium per serve. ■**





AVALANCHE

• Caramelised White Chocolate sachets

Available from Coles, \$5.30.

KINTRAFODDS

• Dandy Chai Blend teabags

Available in Woolworths, Harris Farm, selected Coles and IGA, and all good health food stores, \$6.90.



WOOLWORTHS

• Classic Hot Chocolate sachets

Available in Woolworths, \$3.25.

JARRAH

- Latte tins in four flavours (Italian Hazelnut, Vienna Cinnamon, French Vanilla or Brazilian Café)
- Swiss Mochaccino tin
- Hot Chocolate sachets (Classic, Mocha or Mint) and tin

Available in Coles and Woolworths, \$5 | for sachets and \$6 for tins (excluding hot chocolate tin, \$7.60).



NESCAFÉ

• Cappuccino sachets (Skim, Strong or Sweet)

Available in Coles, Woolworths, IGA and other independents, \$6.30.



Tea and coffee

* **Instant coffees and teas** made up primarily of water with a splash of milk and no added sweetener will also meet the recommended nutrient criteria. But remember to take care to not over-consume caffeinated products such as coffee, black tea and green tea, as a high caffeine intake can have a negative impact on sleep patterns.

* **Herbal teas** (excluding herbal-flavoured green teas) made without added sweeteners are an excellent choice to up your water and antioxidant intake without the stimulating effect of caffeine.



MOCCONA

- Cappuccino sachets (Skim, Strong or Sweet)
- Flat White sachets
- Latte sachets
- Double Shot Latte sachets

Available in Coles, Woolworths and independents, \$4.50.

Cook, eat, enjoy

Kitchen ideas, fruity delights, new products and scrumptious snacking suggestions, all from our food editor, *Alison Roberts*

POT WITH THE LOT

Philips All-In-One Multi-Cooker is great to have on hand for the winter season. Together with the intelligent cooking system, you can slow cook, pressure cook and multicook delicious meals in one machine with ease. Additional multicook programs include steaming, baking and yoghurt making to create even more dishes and desserts. The searing option is great, as you can brown your meat before adding your other ingredients to slow cook (see page 32) or pressure cook (see page 64). Available from major retailers, \$239.



KITCHEN TIP

Beaut berry

* **Strawberries** are often thought of as a summer fruit, but are available all year round and are a great option in winter.

* **The fruit** contains a wealth of nutrients that are essential to support the healthy functioning of our bodies. Some of these include:

- **Vitamin C** – supports the growth and repair of body tissue;
 - **Potassium** – regulates blood pressure;
 - **Magnesium & manganese** – involved in regulating brain, nerve, muscle and heart functioning;
 - **Fibre** – essential for digestive health and may also assist with managing body weight; and
 - **Antioxidants** – to protect our body cells from oxidative damage
- * **Strawberries**, similar to many fruits, are low in kilojoules, but are also one of the rare fruits that are also low in carbs – 1 serve of strawberries = ~ 1 cup or 100g or 8 strawberries – which contains only 100kJ and 4g carbs (½ exchange).



**Fruit is
nature's candy**

OVEN-DRIED STRAWBERRIES

For a healthy and deliciously fresh snack, slice lots of fresh Queensland **strawberries**. Preheat oven to 90°C (fan-forced). Spread strawberry slices on a tray lined with baking paper. Place in the oven for 2-3 hours to dry. They are ready when the moisture has evaporated, and they can be peeled off the paper with ease. Cool completely and store in a clean, airtight container for up to one week.





DESSERT
 Toast a **Golden Bakery Pancake**. Spread with 2 Tbsp **light ricotta** and 4 sliced **strawbs**. Drizzle with 1 Tbsp **sugar-free maple syrup**. Cut in half. Serves 2.

PER SERVE 412kJ, protein 3g, total fat 3g (sat. fat 1g), carbs 13g, fibre 1g, sodium 137mg
 • Carb exchanges 1 • GI estimate medium

SUPERMARKET CRUSH

Pasta master

Vetta is back with a newly revamped range of Vetta SMART Pasta. As well as boasting a fresh new look, Vetta has launched two new varieties – Vetta SMART Fibre Dinosaur Pasta and SMART Fibre Lasagne.

Vetta SMART Fibre pasta has twice the fibre of regular pasta and is a great way to include more fibre in your family's diet without anybody noticing. The Vetta SMART Protein range, meanwhile, delivers twice the protein and 25 per cent less carbs than regular pasta.

Available in the main pasta aisle in Coles, it's \$2 a pack for the Fibre range (excluding the lasagne, \$2.50 a pack) and \$2.25 a pack for the Protein range.



QUICK SNACK IDEAS

AVOCADO, CHEESE & TOMATO MELT

Spread half a **wholemeal grain English muffin** with 1 Tbsp mashed **avocado**. Top with 3 slices **tomato** and ½ slice **light Jarlsberg cheese**. Cook under a preheated grill for 2-3 minutes, or until the cheese melts. To serve, sprinkle with **pepper**. Serves 1.

PER SERVE 676kJ, protein 8g, total fat 7g (sat. fat 2g), carbs 15g, fibre 3g, sodium 178mg
 • Carb exchanges 1 • GI estimate low

MINTY HOT CHOCOLATE

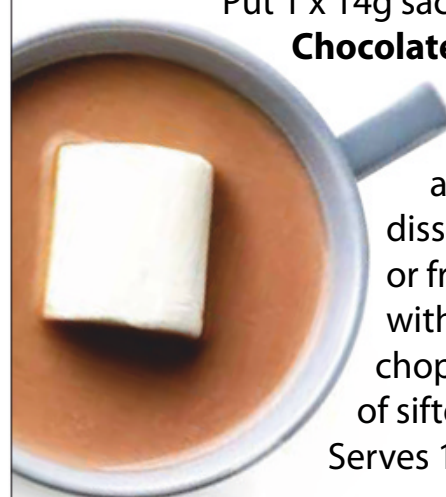
Put 1 x 14g sachet **Jarrah Hot Chocolate Mint Flavoured sachet** in a large mug. Half fill with boiling water and stir until powder is dissolved. Top up with hot or frothed **light milk**. Top with 1 **marshmallow**, finely chopped, and a sprinkling of sifted **cocoa powder**. Serves 1.

PER SERVE 171kJ, protein 2g, total fat 1g (sat. fat 0g), carbs 7g, fibre 0g, sodium 28mg
 • Carb exchanges ½ • GI estimate high • Lower carb

QUICK CHEESY BEAN POTATO

Prick a 150g **Gilicious potato** with a fork. Wrap in a paper towel and place on a plate in the microwave. Cook on high/100% for 4-5 minutes, or until the potato is just tender. Wrap in a piece of foil and set aside for 5 minutes. Split the potato and fill with 2 Tbsp heated **no-added-salt baked beans**, 1 Tbsp **reduced-fat grated cheese**, 1 **cherry tomato**, chopped, and a little chopped **parsley**. Season with **pepper**. Serves 1. ■

PER SERVE 623kJ, protein 10g, total fat 5g (sat. fat 2g), carbs 21g, fibre 4g, sodium 159mg
 • Carb exchanges 1½ • GI estimate low • Gluten free



Plan your week,

Wondering what to eat this week? Try these delicious meal ideas

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY
				
H₂O	Start each day with a glass of water. You should have 6-10 glasses a day,			
Breakfast	Porridge with tahini, date & toasted almonds (page 68)	½ cup low-fat Greek-style natural yoghurt topped with ½ cup frozen berries (warmed) & 2 tsp chia seeds	Porridge with spiced raisins & apple (page 68) 	2 slices soy & linseed bread topped with ¼ small avocado & sliced tomato
Optional snack	Piece of fresh fruit	2 fresh dates	170g diet yoghurt	1 small apple cut in half & spread with 1 tsp peanut butter
Lunch	Eggplant & chickpea stew (page 35) 	Soy & linseed toastie filled with 40g cheese, sliced tomato, ¼ avocado & sliced red onion	Roasted sweet potato & kale hash (page 58)	1-2 cups mixed salad topped with 70g can Edgell Snacktime Chickpeas & ¼ small avocado
Optional snack	Roasted sweet potato wedges with coriander & almond smash (page 55)	2 Tbsp hummus & 1 cup carrot sticks	1 piece fresh fruit 	30g unsalted nuts
Dinner	Spinach kedgeree with spiced salmon (page 47) <i>Pictured above</i>	Creamy chicken, pumpkin & pecan pasta (page 21) <i>Pictured above</i>	Pork noodle stir-fry (page 21) <i>Pictured above</i>	Kale, meatball & cannellini soup (page 22) <i>Pictured above</i>
Alcohol	If you choose to drink, stick to 1-2 standard drinks per day. It's also a good idea to			
Optional dessert	4 slices canned peaches with ½ cup warm low-fat custard	1 cup fresh fruit salad	10-minute winter fruit compote (page 74)	Classic crepe with ½ cup mixed berries (page 53)
Exercise	Aim for 20-60 minutes of moderate exercise each day. 			

it's easy!



Sweeteners

Which one is right for you?

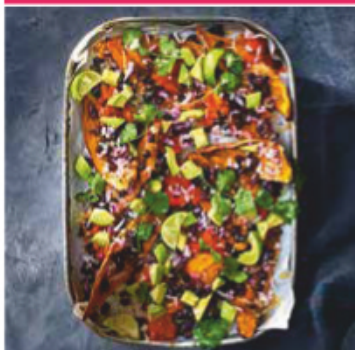
Many of our dessert recipes give you the option of a sugar or granulated sugar substitute. Here are a few facts to help you pick the right option for you!

● **Nutritive sweeteners:** generally known as added sugars. Including all sugars, honeys and syrups, for example agave/rice malt/maple syrup, these all contain carbohydrate and will break down to glucose to have an effect on your BGLs. Small amounts of these as part of a healthy balanced diet are totally fine for people living with diabetes. However, large quantities can have a negative effect on your diabetes management and other aspects of your health, such as dental health and body weight.

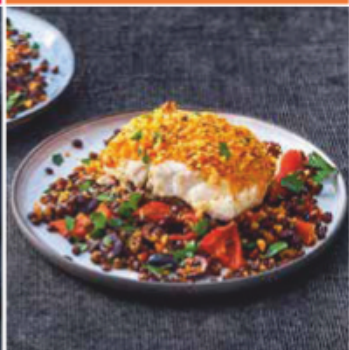
● **Non-nutritive sweeteners:** often referred to as alternative sweeteners or sugar substitutes. These do not contain carbohydrate and are low in kilojoules. Some are based on natural ingredients, for example Stevia and Natvia, while others are from artificial ingredients, for example Splenda and Equal. All non-nutritive sweeteners on the market have been tested and approved to be safe for consumption. Keep in mind they are not recommended for babies/young children and, if eaten in large quantities, can have a laxative effect. ■



THURSDAY



FRIDAY



SATURDAY



depending on your exercise levels

Porridge with
grilled fig
& ginger
(page 68)



Porridge with
vanilla yoghurt
& maple
blueberries
(page 68)

2 slices soy &
linseed toast topped
with 2 poached
eggs & handful
of rocket

1 wholemeal
crumpet topped with
sliced strawberries

2 Vita-weats with
20g cheese &
tomato

1 piece fresh fruit

Lower-carb wrap
filled with 95g can
tuna & mixed salad

Chunky butternut
mulligatawny
(page 44)

Vietnamese-style
sandwiches
(page 29)

100g diet yoghurt
& small piece fruit

1 cup
fruit
salad



1 fresh date & 20g
mixed nuts

Sweet potato
nachos (page 22)
Pictured above

Harissa-crumbed
fish lentils &
peppers (page 20)
Pictured above

Danish-style
yellow split pea
soup (page 35)
Pictured above

have a couple of alcohol-free days a week

Minty hot chocolate
(page 79)

170g diet
yoghurt



Honey-baked
apples with
hazelnut & yoghurt
(page 74)

Always discuss your exercise plans with your doctor first

This menu planner has been created by a dietitian and exercise physiologist for the average person with diabetes. If you have special needs, please consult your own dietitian. Check the product packaging or the nutrition info boxes near our recipes for nutritional analysis.

Our food explained

Every recipe in *Diabetic Living* is carefully created to help you enjoy a healthy, balanced diet

▶▶ Our Nutrition Info boxes sit alongside each recipe. Use them to track your nutritional requirements, as well as count carbs, carb exchanges and find out whether a recipe is low-, medium- or high-GI, or gluten-free. Easy!

Serves 2 (as a main)
We show you whether a food is designed to be a between-meals snack, breakfast, lunch (a lighter main) or dinner (the main

meal of the day). When we say, “as an occasional dish”, it should only be eaten as a treat, such as once a fortnight.

YOUR DAILY ALLOWANCE GUIDE

With this guide, you can create the perfect eating plan for your needs

To maintain your weight*

Kilojoules 8700kJ	To lose weight*
Protein 80g	Kilojoules 6000kJ
Total fat 70g	Protein 65g
Saturated fat 24g	Total fat 45g
Carbs 270g	Saturated fat 15g
Fibre 30g	Carbs 180g
Sodium Less than 2000mg	Fibre 30g
	Sodium Less than 2000mg

* These figures are a guide only. To find out your individual nutritional needs, please see your dietitian.



CUT OUT & KEEP

PASTA E FAGIOLI
see recipe, page 34>>



NUTRITION INFO **GFO** **LC**
PER SERVE 883kJ, protein 8g, total fat 6g (sat. fat 1g), carbs 26g, fibre 8g, sodium 514mg • Carb exchanges 1½ • GI estimate low
• Gluten-free option • Lower carb

Brand names
We often use product names to make it easier to find nutritionally suitable brands when shopping.

Sugar or sugar substitute
In some dishes, you can use either sugar or a sugar substitute. In these cases, we give you the nutrition analysis for both.

Granulated sugar substitute
Most sugar substitutes on the market measure spoon for spoon, rather than weight. For example, if the recipe uses 220g (1 cup) of sugar, you would replace this with 1 cup of

granulated sugar substitute.

Optional ingredients
Whenever we list an ingredient as optional, it isn't included in the nutrition analysis and it's up to you if you want to use it.

Choice of ingredients
When we give you the choice of two different ingredients, we analyse only the first one.

Carb exchanges
Using exchanges makes counting carbs easier: one exchange = 15g of carbs. Aim for 1-2 exchanges in every snack and 1-4 exchanges in each meal. ■

PHOTOGRAPHY IMMEDIATE MEDIA

living well

MOTIVATION ♦ EXPERT ADVICE ♦ INSPIRATION

*No winter lasts
forever; no spring
skips its turn*

– Hal Borland, author

How to lose the FIRST 5KG

Changing ingrained habits can be hard work, so here are six simple eating strategies to tackle the first steps of your weight-loss journey

▶▶ Losing weight can be tricky. Not only do you need to identify the right diet, you also need to stick to it relatively strictly for at least a week or two to achieve a significant drop on the scale. Losing weight is particularly complex for those who need to actively manage their blood glucose levels. If that's you, you'll need to ensure you are consuming enough carbohydrate throughout the day to keep your glucose levels controlled, while simultaneously managing your hunger. As is the case with many things in life, getting started with a weight-loss plan can be the hardest part of all, but over time, as you get used to a new regimen that is supporting sustainable weight loss, things will get a whole lot easier. So, if you know you need to lose weight, but don't know where to begin, here are the key steps to take to kickstart your weight loss and lose your first 5kg.

1 Get serious
Commit for at least two weeks. At a minimum you need to guarantee at least 5-7 days of relatively strict, kilojoule-controlled eating to achieve weight loss. The reason for this is that it takes at least 2-3 days of light eating to deplete some of the stored fuel in the body and to start to burn significantly greater amounts of body fat. When many of us start a new diet, we are strict for a couple of days before the bad habits gradually slip in again. However, if you're able to focus and pledge to at least a week in which you do not eat out, prepare all of your meals and snacks, and exercise daily, then you will see results. This is why choosing the right time is crucial for weight loss, so plan to start when you can entirely commit yourself for at least a week or two.



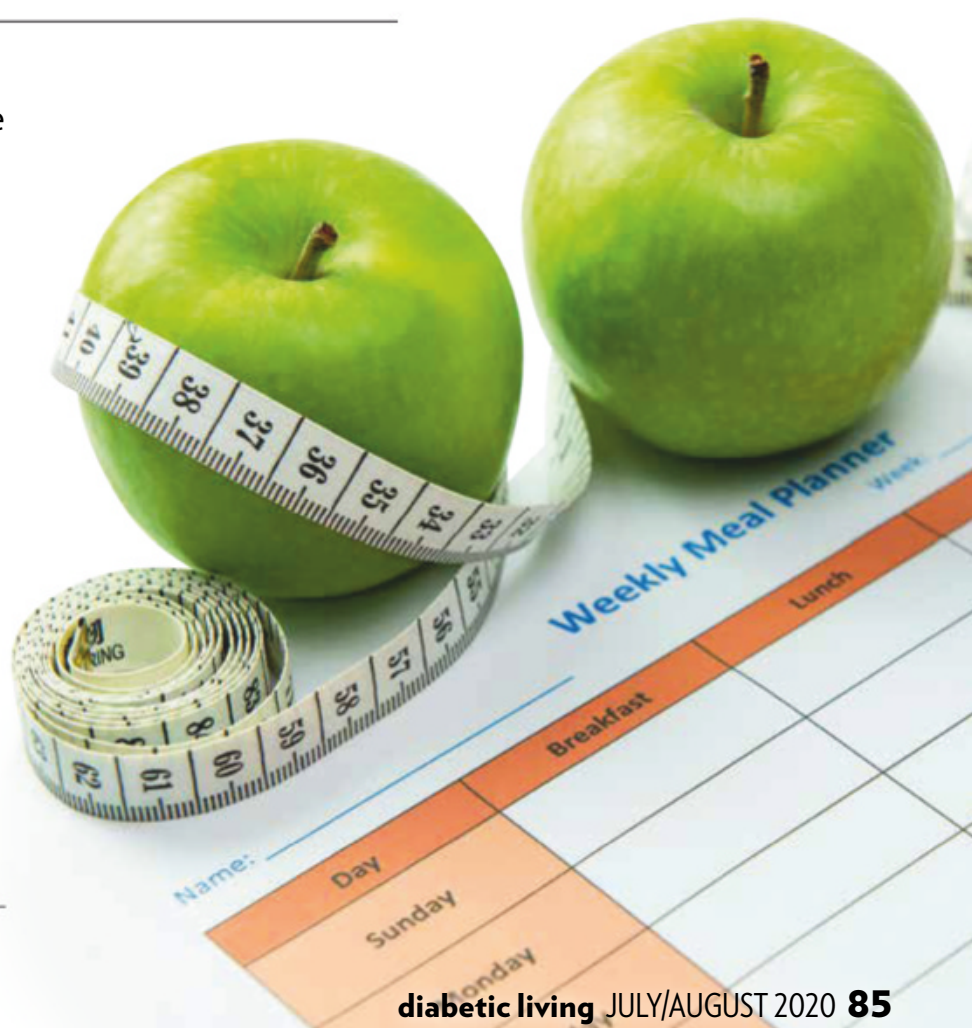
2 Eat HEAPS of vegetables

With fewer than 10 per cent of all Aussies eating the recommended minimum of five serves of vegetables each day, chances are you need to consume a lot more vegies as part of your daily diet. In fact, the simple act of adding in 2-3 cups of salad and/or veg to both your lunch and dinner will significantly reduce your overall kilojoule intake and support weight loss. In food terms, this can translate to adding a salad or soup to your lunch, snacking on vegetables such as celery or carrots at least once a day, and basing your evening meal around brightly coloured vegies. You will also find that once you are including this much vegetable and salad bulk in your diet, your digestive system will work more efficiently, your appetite will be better controlled and you will be kept fuller for longer after eating, thanks to a higher intake of dietary fibre.

3 Plan and prep your food

Planning is the key to weight-loss success as it ensures your kilojoules are kept controlled, and you don't find yourself hungry, without a healthy option on hand and more likely to be lured by high-energy foods on offer. This means taking time each week to get to the shops and buy the healthy food you need to stay on track with your diet. It means packing

your lunch each day and preparing meals in advance so you have healthy options on hand. It also means keeping a supply of healthy snacks with you and also ridding the house of any tempting foods you are likely to binge on at night. When you start each day knowing what you are going to eat at each meal and snack, you'll feel empowered and in control – and ultimately more motivated to keep focused on your weight-loss goals. ➤





4 *Focus on protein at breakfast*

Protein is a super nutrient when it comes to weight loss, because it is digested more slowly than carbohydrate and helps to regulate the systems that control our appetite and fat-burning hormones. Aiming to consume 15-20g of protein at breakfast via a couple of eggs, high-protein toast, baked beans

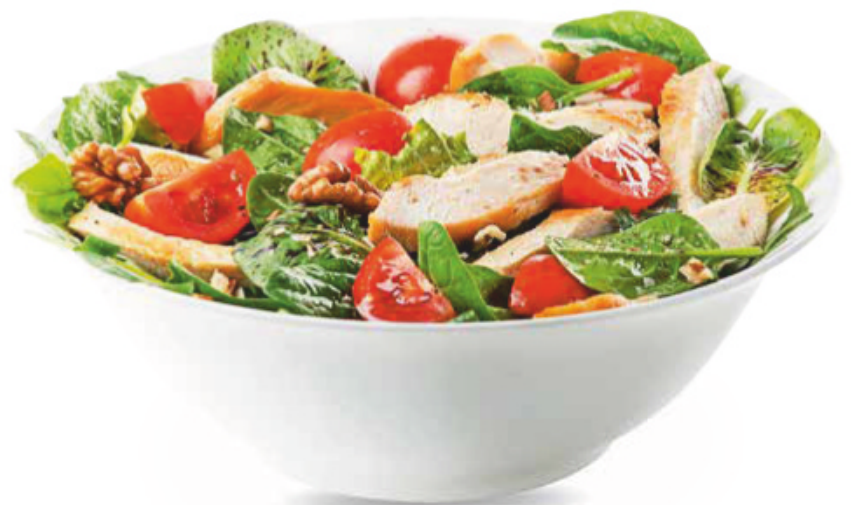
or high-protein Greek yoghurt will kickstart your metabolism each morning – and help to keep you full and satisfied for at least 3-4 hours, so you are less tempted by high-fat treats and snacks throughout the morning.



5 **Go light at night**

The biggest mistake many of us make with our food intake is that we consume significantly more kilojoules at night, courtesy of heavy dinners, snacks, alcohol and after-dinner treats. An easy way to support weight loss is to keep your final meal of the day as light as possible,

and consume it early, by 7pm. Not only will this give you 10-12 hours overnight without food, but a low-kilojoule dinner choice will help support a kilojoule deficit and weight loss. Low, 1200-kilojoule dinner options include a soup, omelette, grilled white fish or prawns and vegetables, or a small piece of grilled chicken breast and salad.





6 Limit your eating hours

The human body needs 10-12 hours without food overnight to support weight control, yet many of us eat over longer periods of the day, giving ourselves only 8-10 hours without eating. Once you stop your food intake by 6pm or 7pm, you will notice you wake up hungrier the next morning and start to shift your kilojoule intake forward, rather than eating lightly during the day and then overeating at night. The other timing trick when it comes to weight loss is ensuring you leave at least 3-4 hours between your meals. Often we snack too frequently and eat because it is a snack time, rather than feeling really hungry. While most of us will need a mid-afternoon snack, often we are better to enjoy an early lunch rather than forcing ourselves to eat mid-morning, just a couple of hours after breakfast.

AND MOST IMPORTANTLY...

The human body does not really like to lose weight, especially as we get older. It takes time, energy and much patience to get the balance of kilojoules and exercise right to see significant drops on the scale. But, once you are in the zone, things will get easier. Set yourself up for success by allocating a decent amount of time and being consistent, and small reductions each week will add up over time. Before you know it you'll be closer to your first 5kg weight loss. ■



PUT YOURSELF FIRST

IT'S OK!

Taking time for yourself can help diabetes care feel less stressful. But actually making yourself a priority? That's easier said than done. Here's how to pinpoint your needs and find the time for self-care

▶▶ When most people think of 'self-care', they picture a soothing bubble bath or pampering pedicure. But taking good care of yourself takes many forms, especially when you're managing a chronic illness such as diabetes. For people with diabetes, self-care might include checking BGLs and making yourself a healthy snack, but it also means doing things for your mental and emotional health – and even having a little fun.

"It can be a deeply healing thing to do something enjoyable and restorative," says Brooke Baker,

diabetes educator and diabetes nurse specialist. "A massage, some yoga, reading a book, listening to a favourite song. I have watched blood glucose levels drop in one patient after just a few minutes of piano playing." Not only can nurturing yourself in all these ways result in lower heart-disease risk and better glucose management, it can also boost energy, help you sleep better, lead to more fulfilling relationships and lessen feelings of diabetes-related depression or anxiety.

Still, no matter how good it is

for us, or how good it feels, self-care can be hard. Just ask anyone who has set a New Year's resolution ... and given it up after a few weeks or months.

"Expectations are a big barrier for people to make self-care changes," says Megrette Fletcher, dietitian, diabetes educator and co-author of *Eat What You Love, Love What You Eat With Diabetes*. "I have clients come in and if they can't do something 'perfectly', they're not going to do it at all. Plus, today, so much self-care is presented in extremes – 'Look at me, I started getting more ▶



self care

active, and now I've climbed Mount Everest!"

But you don't need any resolutions or big goals to practise self-care. Taking a few minutes of time for yourself – a spontaneous 15-minute walk or a few minutes of deep breathing to de-stress before a meeting – is a great start. If you're a perfectionist, fight the urge to overachieve and treat yourself with compassion, advises Fletcher. This will make you much more successful in the long run, adds Baker: "When we take time to be kind to ourselves, it can make the self-care and diabetes tasks feel easier to complete. When we feel good about ourselves, it makes us feel worthy and valuable and we naturally want to take care of ourselves better."

Even the kindest among us often aren't that good at self-compassion, though. If you need some encouragement, follow these three steps to build your own sustainable self-care plan.

Step 1

MAKE YOURSELF A PRIORITY

To be successful at self-care, you first need to unlearn false beliefs about being "selfish", explains Fletcher. "I ask my patients, is it selfish to change the oil in your car, or get the tyres rotated, or to fill it with gas? No, it's maintenance! And so are the self-care behaviours you need to implement in your own life. If you need convincing, just ask the people who are closest to you: 'Is it selfish for me to take time to take care of myself and my diabetes?' They will say 'No!'"

Baker observes that a huge number of her clients have a

Self-compassion is the ultimate self-care

If you could use a little practice being kinder to yourself, visit self-compassion.org, where you can find a wide range of exercises and guided meditations under the 'Practices' section of the website.

hard time prioritising their own wellness. "We're raised to put our families first and not ourselves," she says. "Many people I have seen in my practice have a new type 2 diagnosis after caring for a dying parent, for example. They've focused all their time and energy on the loved one and have spent no time caring for themselves. They become more sedentary, experience a lot of stress and grief and, suddenly, they are the patient. It's overwhelming." If you're not kind to yourself, she adds, "then your health is at risk and you won't be able to take care of anyone".

If you still find yourself struggling with the idea self-care isn't selfish, try this quick exercise Fletcher uses with clients: curl your hands into fists and hold them about chest height in front of you. Your left fist represents you, and the right represents other people. They're equal – this is what it looks like when you honour yourself as being just as important as everyone else. Now, move your left fist down a few centimetres, so it's lower than your right. That's you ignoring your needs in favour of what everyone else wants. So out of balance! Now level out your fists

again and remind yourself that it's not selfish to take care of yourself, it's just fair.

Step 2

IDENTIFY YOUR NEEDS – AND YOUR CHALLENGES

There's a long list of self-care behaviours that have been shown to help people manage their diabetes and live happier lives, including eating healthy and nutritious foods, getting regular physical activity, monitoring BGLs, taking medications, managing stress and developing healthy coping and problem-solving skills. But, you don't need to tackle these all at once! Focus on what you need most, and make a plan to overcome any barriers that may stand in your way, suggests Dr Mark Peyrot, a sociologist and behavioural diabetes researcher at Loyola University Maryland.

To help you choose where to focus, think about an area in your life where a small change could benefit you. Say you are constantly picking up takeaway for dinner on the way home from work, and you want to cook more instead. Next, identify the challenge in this situation as specifically as you can, and brainstorm ways to overcome it. For example, rather than saying "I eat out too much," reframe it with details, such as "I'm often too busy or stressed at night to make time to cook." So how might you problem-solve that issue? Perhaps divide cooking responsibilities with your partner so you only need to plan and cook every other night. Or, try cooking extra and freezing leftovers, so you have pre-made meals you can reheat on your busiest days. ►

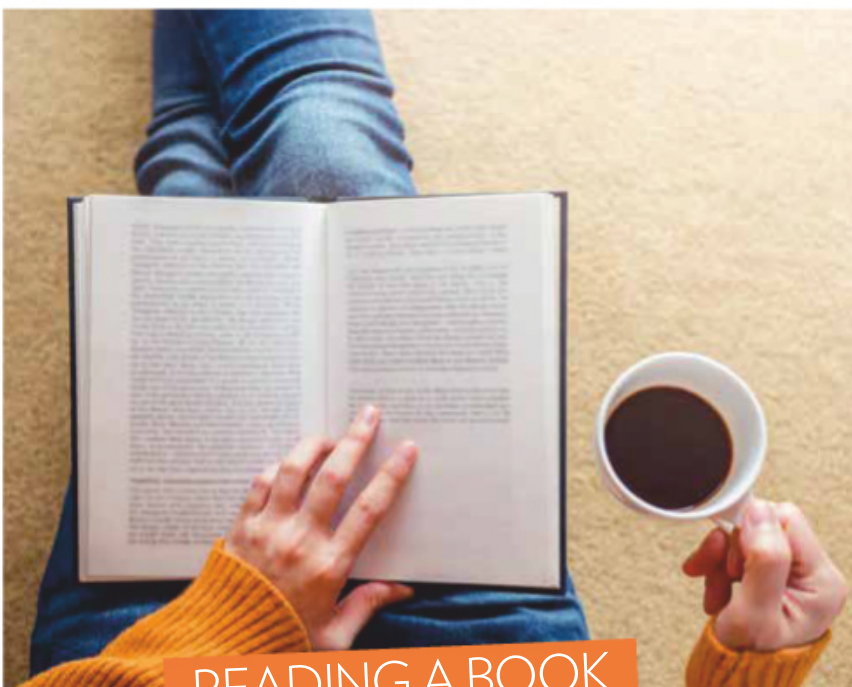
Self-care may look like...



GOING FOR A WALK



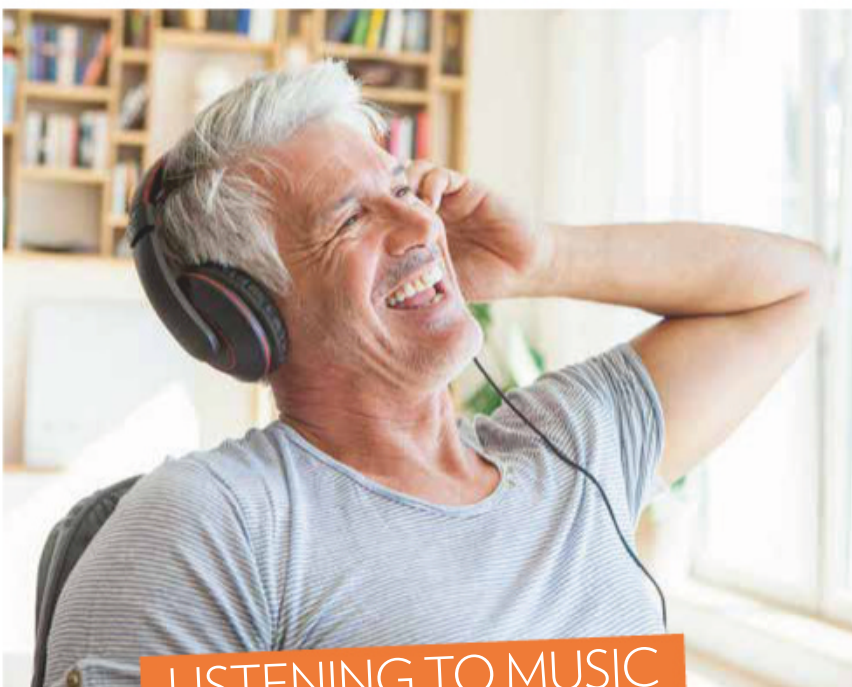
PLAYING PIANO



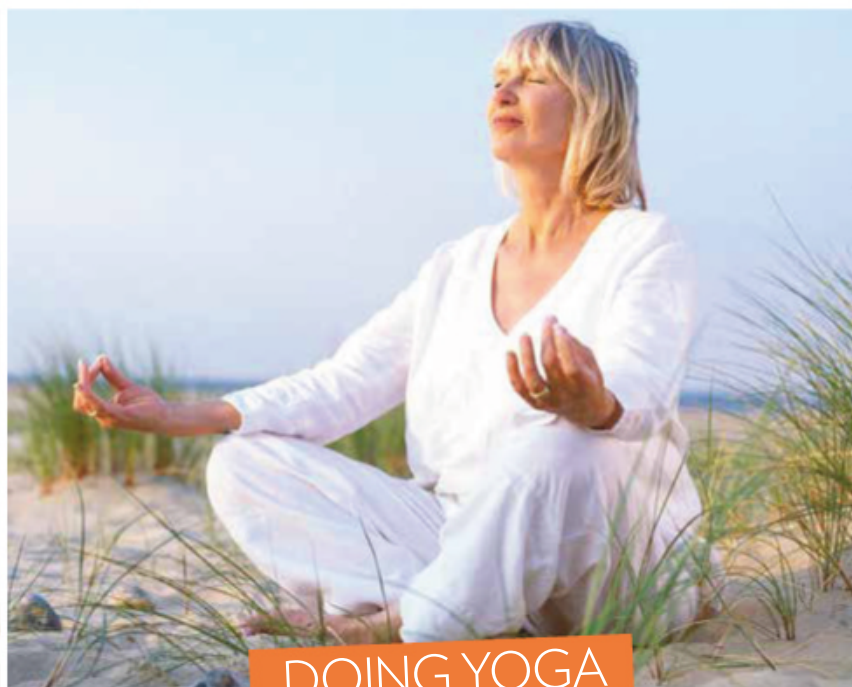
READING A BOOK



COOKING WITH A PARTNER



LISTENING TO MUSIC



DOING YOGA

And, remember, aim for a little fun! “Stress relief and relaxation are part of caring for yourself and your diabetes,” says Peyrot. “Relaxation and emotional wellbeing are good in every way possible for this condition.” In other words, if you find yourself with very little time to spend doing the activities you love – reading, fishing, socialising – solving that self-care problem is just as important as making time for exercise or wholesome meals.

Step 3

MAKE SPACE IN YOUR SCHEDULE

Self-care takes work and planning, sure, but it doesn't have to take up as much of your time as you may think, says Fletcher. Start by looking for small windows of time in your day. “Instead of saying you'll exercise for one hour straight, look for the five-, 10- or 15-minute opportunities you can fit in around other things,” she says. And look for shortcuts whenever and wherever you can find them. When you put leftovers away after dinner, for example, pack them directly into a container you can enjoy the next day for lunch. Or, set aside a couple of hours each Sunday to sauté vegetables and cook proteins so nutritious food is available to warm up later in the week. “Bag up grilled chicken into to-go pouches you can grab on weekday mornings and then eat for lunch with crackers, pitas, bread or salad greens you keep at work,” recommends Fletcher.

A key strategy for self-care is prioritising. Sometimes it is as simple as saying no to others, in order to make time for you. It's tough to put yourself first when

those you love – or work for! – need a lot of your time and energy. Learning to say no to requests that get in the way of your own wellness can help keep you on track with your self-care goals. Try one of the expert-approved phrases (opposite) the next time you need to let someone down easy.

And don't hesitate to ask for help – from friends, family members and even (to some extent) co-workers. Letting people know you're struggling is hard to do, but opening up might deepen relationships and lead to creative solutions you never would have considered on your own, says Fletcher.

“One of my clients shared with his boss that having candy out on the welcome desk was hard for him. His boss empathised and suggested that the office offer water instead of candy to visitors,” she recalls. “Another client shared with a co-worker that she was trying to take more time for self-care, and this led to a commitment they made to take breaks, on time, together!”

Professional support from diabetes educators can also be immensely helpful, she adds. “A diabetes dietitian or educator has specific training in patient-centred counselling and can help you come up with your self-care plan,” she says. “Your doctor is going to tell you what to do, but these educators and coaches can help you figure out how to do it.”

Putting in the time and effort to create a self-care plan that's sustainable for the long haul is worth it. “A chronic illness never stops,” explains Baker. “I remind my patients that diabetes is a marathon, not a sprint.”

And it's self-care that keeps you going. ■

“I love you. But no. I’m taking time for myself this morning.”

“My plate is full, but that sounds urgent! Let’s talk about tasks I can reschedule or delegate to make room for this new project.”



I have something pressing that day. How about next month?

“I have a lot on my plate right now. But good luck!”



I don’t have the bandwidth at the moment. My schedule lightens up next week, let’s talk then.

HOW TO SAY **NO** (politely!)



I wish you well with your event. I’ll tell my friends about it.

“No – sorry. I’m working very hard on my health right now and that takes up much of my free time.”

“I’m busy that day, sorry!”



Managing **DIABETES** *and depression*

According to Beyond Blue, in any one year, about 1 million Australian adults have depression. But did you know that having diabetes could increase your risk of developing depression and that having depression increases the risk of developing type 2? *DL* diabetes educator *Dr Kate Marsh* discusses the symptoms of depression, the link with diabetes and steps you can take to improve your emotional wellbeing



▶▶ What is depression?

Feeling down or sad from time to time is a normal part of life. But if you're feeling down or sad most of the time, and it starts to impact on your daily life, you may have depression. Other symptoms of depression (see page 96) include finding it hard to sleep or concentrate, and losing interest in your work, socialising or other things you used to enjoy.

The causes of depression can differ from one person to the next. Risk factors include relationship problems, employment problems, social isolation, significant changes in living arrangements (such as a separation or divorce), pregnancy and the birth of a child, drug and alcohol use and family history. Some people are more at risk because of their personality – for example, if they tend to worry, have low self-esteem or are a perfectionist. Being diagnosed with a chronic health problem such as diabetes can also increase the chance of developing depression.

Diabetes and depression – what do we know?

Depression occurs more commonly in people with diabetes – both type 1 and type 2. In fact, studies show people with diabetes are 2- 4 times more likely to develop depression than those without. Depression also seems to be a risk factor for developing type 2.

In the 2016 Australian

National Diabetes Audit (ANDA), involving more than 2500 adults with type 2 from 50 diabetes centres across Australia, 29 per cent of study participants had likely depression, 7 per cent had high diabetes distress and 5 per cent had both. Of those with likely depression (based on their score on a questionnaire to screen for depression), more than half weren't being treated. The chances of having depression were higher in those who had difficulty following dietary recommendations, smokers,

those who reported forgetting to take their medications, and those with diabetes distress.

Diabetes distress is the term used to describe the emotional

distress related to living with and managing diabetes, not

due to other causes of overall emotional distress or mental health problems. While it is different to depression, some people may have both, as the ANDA found.

In the Diabetes MILES study of almost 6600 adults with type 1 or type 2 from Australia and the Netherlands, 8 per cent of those with type 1 and 11 per cent of those with type 2 had symptoms of depression, while 9 per cent of both groups had symptoms of anxiety and depression. Similar to the ANDA findings, those with symptoms of depression were less likely to meet recommendations for diet and exercise and were more likely to smoke. ➤



**NATIONAL
DIABETES WEEK**

is 12-17 July 2020.

For more information,
visit Diabetes Australia
or your state/territory's
website.

Symptoms of depression

- **Withdrawing** from close family and friends.
- **Not getting things done** at work/school.
- **Relying on alcohol** and sedatives.
- **Not going out** anymore or doing your usual enjoyable activities.
- **Being unable** to concentrate.
- **Feeling** overwhelmed.
- **Feeling irritable**, frustrated, unhappy, miserable, disappointed, and/or indecisive.
- **Lacking** in confidence.
- **Having negative thoughts** such as being a failure, being worthless, that nothing good ever happens to you or that people would be better off without you.
- **Feeling tired**, rundown or unwell.
- **Having frequent** headaches, muscle pains or digestive problems.
- **Having difficulties** sleeping.
- **A loss or change** of appetite and/or significant weight loss or gain.

Reach out for help if you notice you have symptoms

The reason for the link between depression and diabetes still isn't well understood. However, what is clear is that people with diabetes who have depression have a poorer quality of life, are less able to self-manage their diabetes well and are more likely to develop diabetes-related complications.

So, if you or someone close to you has symptoms of depression, it's important to seek help.

Where do I go for help?

A good place to start is your doctor, who can help to assess the problem and work out an action plan with you. This might include self-care strategies, psychological counselling and/or medications, if needed.

You could also start by reaching out to someone you trust – this might be a friend, partner, family member or colleague. While you might feel alone, the people who care about you will want to help, so don't be afraid to ask.

If you don't feel you have anyone to talk to, you can call a helpline (such as Beyond Blue or Lifeline) or join a support group or online community.

Wherever you start, remember that the sooner you get help, the sooner you can recover.

Caring for yourself

If you have symptoms of depression, it's important to get professional help. However, there are also things you can do yourself that may help:

- **Get enough sleep.** Lack of sleep can make you feel tired and irritable and can make it harder to manage stress. Poor sleep can also worsen insulin resistance and increase BGLs.



*Exercise
can be as
good as
medicine*

Most adults need about eight hours' sleep a night. If you are having trouble sleeping, it's important to build up a good sleep routine, including having regular sleep and wake times, avoiding electronic screens for at least an hour before bed and allowing yourself time to relax and wind down before going to bed. For tips, see page 108.

● **Move more.** Exercise releases chemicals that improve your mood. It also helps reduce stress and can improve your sleep. Some studies have found exercise is as effective as antidepressant medication for treating mild to moderate depression. To start moving, see page 122.

● **Eat a healthy diet.** An Australian study found that, across 12 weeks, a Mediterranean-style diet resulted in a greater reduction in symptoms of depression compared with a control group. The diet focused on higher intakes of vegetables, fruits, wholegrains, legumes, unsalted

nuts, fish and olive oil, while reducing the intake of sweets, fried food, fast food, processed meats, sugar-sweetened drinks and refined cereals. This type of eating plan has also been shown to help in managing diabetes.

● **Avoid or limit alcohol and drugs.** They may make you feel better short-term, but used regularly, drugs and alcohol can cause symptoms of depression and/or anxiety or make an existing problem worse. They can also make it harder to manage your diabetes.

● **Manage stress levels.**

You can do this by exercising regularly, getting enough sleep, building in activities you enjoy and learning techniques to help you relax, such as meditation or breathing exercises.

Whether you are experiencing depression or not, it's important to look after your emotional wellbeing. But, if you have symptoms of depression, it is crucial that you reach out and seek help from your GP or another qualified health professional. ■

FOR MORE INFORMATION:

Beyond Blue: Call 1300 22 4636 or visit beyondblue.org.au

Lifeline: Call 13 11 14 or visit lifeline.org.au

ReachOut: Visit reachout.com.au

Suicide Call Back Service: Call 1300 659 467 or visit suicidecallbackservice.org.au

NDSS Mental Health: Visit ndss.com.au/living-with-diabetes/health-management/mental-health/

NDSS Peer Support: Visit ndss.com.au/about-diabetes/resources/find-a-resource/peer-support-for-diabetes-fact-sheet/

Planning for PREGNANCY

WITH DIABETES

DL diabetes educator *Dr Kate Marsh* explains the steps you can take to give you and your baby the best chance of a healthy pregnancy

▶▶ All women can benefit from planning a pregnancy, but being prepared is even more important if you have diabetes. Women with diabetes can have a healthy baby, but there are some risks associated with having diabetes in pregnancy, and planning can help to reduce the risks. Follow these steps to give you and your baby the best chance of having a healthy pregnancy.

Use contraception until you are ready

An unplanned pregnancy can be problematic for many reasons, but particularly in women with diabetes. A baby's major organs develop during the first eight weeks of gestation. This makes it important that blood glucose levels are as close to target as possible when you conceive, and during early pregnancy. So, ask your doctor for help to choose the best contraception for you and your partner until you are ready to conceive.

Start planning early

Start planning and preparing for pregnancy at least 3-6 months



before you try for a baby. This gives you time to review your diabetes management and general health and to optimise blood glucose levels and lifestyle habits. While it is important to discuss your individual blood glucose targets with your doctor or diabetes team, most women with diabetes are encouraged to aim for a HbA1c of less than 7 per cent for at least three months prior to conception.

Assemble your care team

There are several health professionals who can help you

in planning (and managing) your pregnancy, although the members of your care team may vary depending on the availability in your local area and whether you are using public or private health care services.

Your care team might include:

- **An endocrinologist** or diabetes specialist who has experience caring for pregnant women with diabetes.
- **An obstetrician** who manages high-risk pregnancies, including women with diabetes.
- **An accredited practising dietitian** who can help you

manage your changing nutritional needs for preconception and during pregnancy and breastfeeding.

- **A credentialed diabetes educator** who can help you with managing your diabetes during preconception, pregnancy and the postpartum period.

- **Your GP** who can organise general preconception health checks, provide referrals to other health professionals and coordinate your overall care.

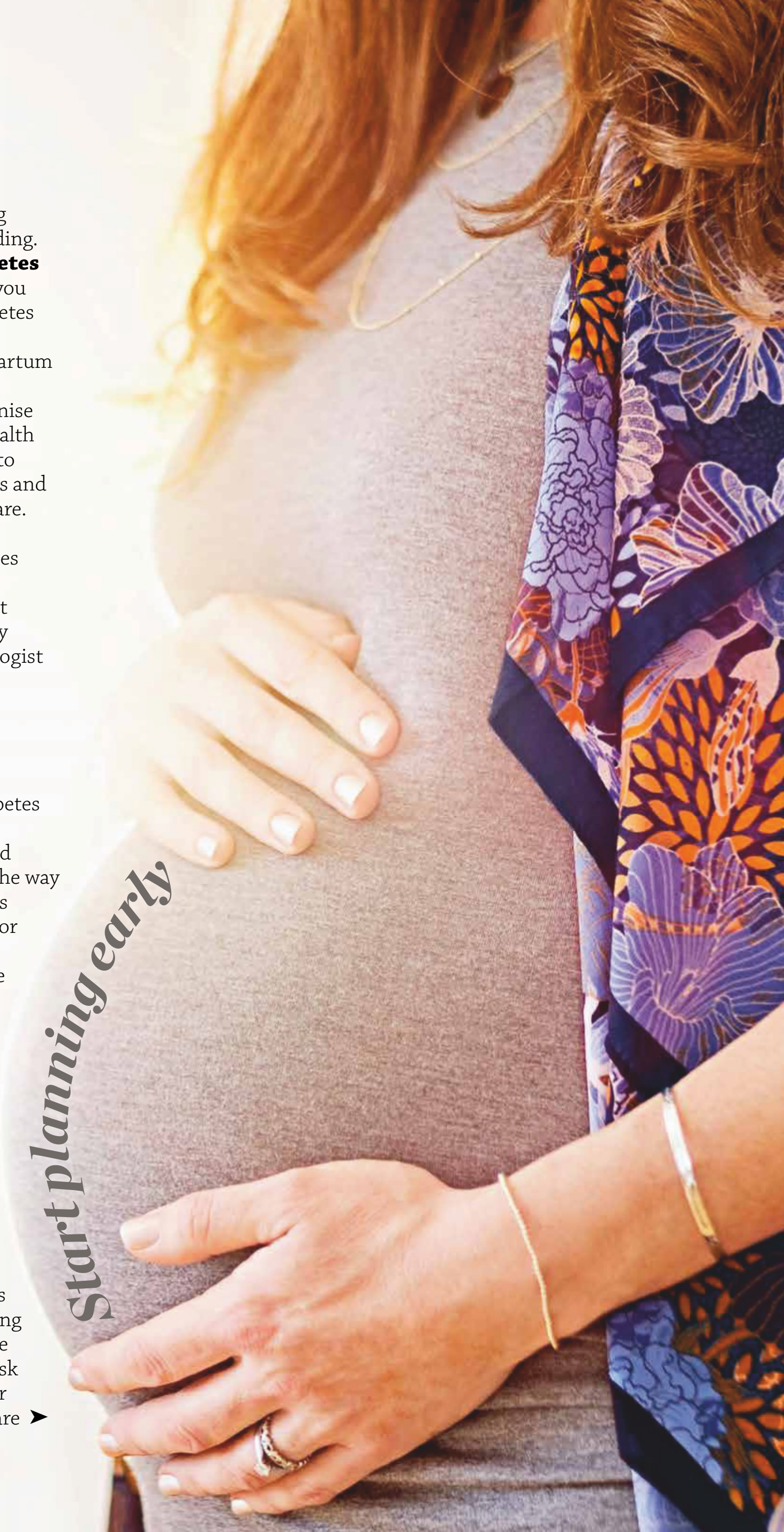
However, you may also need referral to other types of health professionals, including an eye specialist (ophthalmologist), kidney (renal) specialist, psychologist or social worker.

Diabetes management review

Speak with your doctor, diabetes specialist or diabetes team about your current diabetes management and whether any changes to the way you manage your diabetes might help in preparing for pregnancy. This could include changing the type and/or timing of insulin you take, switching to an insulin pump, changing from oral medications to insulin (for women with type 2 diabetes) and changing when, and how often, you monitor your blood glucose levels.

Women with type 1 diabetes may be eligible for subsidised continuous or flash glucose monitoring for up to 12 months while planning a pregnancy – ask your diabetes specialist or diabetes educator if you are ►

Start planning early





eligible and how to apply. You can find out more about the subsidy by visiting ndss.com.au.

It's also important to have a full complication check when planning a pregnancy, so any complications can be treated and stabilised before you conceive. This includes checking your eyes, kidneys and feet. Screening for coeliac disease and checking thyroid function is also recommended.

Start folate and iodine supplements

While not all supplements are safe in pregnancy, there are two that all women who are planning a pregnancy are advised to take – folate and iodine. Folate is a B-group vitamin which can reduce the risk of a baby developing spina bifida, while iodine is important for the development of a baby's brain and nervous system. Since many women don't get enough of these nutrients in their diet,

it is recommended that women planning a pregnancy take a daily supplement containing 150 micrograms of iodine (unless they have an overactive thyroid or Graves' disease) and 500 micrograms of folate. However, women with diabetes are advised to take a higher dose (5 milligrams) of folate.

Optimise lifestyle habits

Eating well and exercising regularly prior to falling pregnant will improve your overall health and can also

impact the long-term health of your child. Early life nutrition (from preconception through to toddlerhood) can influence a child's growth and development and reduce their risk of weight problems and conditions such as type 2 diabetes and heart disease later in life. If you are carrying excess weight, losing weight prior to pregnancy can improve fertility and increase your chances of having a healthy pregnancy. You can find out more about the importance

MEDICATION REVIEW

Some types of diabetes medication are not safe to take in pregnancy, so discuss this with your doctor or diabetes specialist prior to trying to conceive. Some medications to treat high cholesterol and high blood pressure may also need to be changed and there are several vitamin, mineral and herbal supplements that are not safe to take when you are pregnant, so don't forget to discuss these with your doctor. Women taking metformin should have vitamin B12 levels checked as metformin can reduce the absorption of this vitamin and having adequate amounts during pregnancy is essential.

“Preparing for pregnancy ahead of time will help give your baby the best possible start

of early life nutrition by visiting earlylifenutrition.org.

Vaccinations

All women, whether or not they have diabetes, need to make sure their rubella and chickenpox vaccinations are up to date, as being infected with either of these during pregnancy can cause serious health problems for your baby. Also speak to your doctor about whether you need to have the flu and whooping cough vaccinations.

While planning your pregnancy is important, things don't always go according to plan. If you find yourself pregnant sooner than expected, make an urgent appointment with your doctor and diabetes team to discuss your options and any concerns you may have and to get the help and support you need.

Getting help as soon as possible will give you the best chance of a healthy pregnancy. ■

YOUR DIABETES & PREGNANCY CHECKLIST

- ✓ Discuss your plans with your doctor or diabetes team at least 3-6 months before you are ready to conceive
- ✓ Work with your doctor or diabetes team to achieve optimal blood glucose levels (for most women, aim for an HbA1c under 7 per cent for 3-6 months)
- ✓ Have a full diabetes complication check
- ✓ Review your medications (including prescription and non-prescription medications and supplements) with your doctor
- ✓ See your GP for your pre-pregnancy health checks and immunisations
- ✓ Start taking folate (higher dose) and iodine supplements
- ✓ Review your diet and, if you are not already, begin a regular exercise program
- ✓ Change your diet and activity levels to achieve gradual weight loss if you are carrying excess weight
- ✓ If you smoke, get help to quit
- ✓ Limit alcohol and caffeine

Diabetes Australia also has an online pregnancy planning checklist you can complete and print out at ndss.com.au/about-diabetes/pregnancy/pregnancy-planning-checklist/



As we age, our bones may begin to lose their density, putting us at risk of fractures. But when diabetes is thrown into the mix, things get even more complicated. *DL* diabetes educator *Dr Kate Marsh* explains why



BONE HEALTH *and diabetes*

▶▶ While you probably know that having diabetes can affect different parts of your body, including your heart, eyes, feet and kidneys, researchers have also found that people who have diabetes may be at greater risk of osteoporosis and bone fractures. The good news is there are many things you can do to improve bone health, and the best time to start is now.

WHY DOES BONE HEALTH MATTER?

Keeping our bones healthy is something that many of us give little thought to. However poor bone health is becoming an increasing problem, particularly as we live longer.

According to Osteoporosis Australia, about 1.2 million Australians are estimated to have osteoporosis and there are a further 6.3 million people with low bone density (also called osteopaenia). And, while it's more common as we get older, protecting our bones is best started when we are young.

Osteoporosis occurs when bones lose minerals, such as calcium, more quickly than the body can replace them, resulting in a loss of bone

density. As bones become thinner and less dense, the risk of fracture increases. A scan to measure bone mineral density (usually at the hip and spine) is the most common way to measure bone health. However, there are also other aspects of bone structure that can affect fracture risk, and these appear to be important when it comes to diabetes and bone health.

There are several risk factors for osteoporosis and bone fractures, including age, sex,

lifestyle habits and certain medical conditions and medications (see box, above). A lesser-known risk factor is having diabetes.

HOW DOES DIABETES AFFECT BONE HEALTH?

Both type 1 and type 2 diabetes appear to increase the risk of a bone fracture. The reasons for this are complex and are different for the two types of diabetes. ➤

RISK FACTORS FOR OSTEOPOROSIS

- * **Age**, since bone density reduces as we get older.
- * **Being female**, particularly after menopause (men also lose bone density as they age, but more slowly).
- * **Having a family history** of osteoporosis, particularly parents or siblings.
- * **Medical conditions** including thyroid conditions, coeliac disease, inflammatory bowel disease, rheumatoid arthritis, chronic liver or kidney disease, early menopause in women and low testosterone in men.
- * **Certain medications** including corticosteroids, some antidepressants, some medications used for breast cancer, prostate cancer and epilepsy, and some diabetes medications (called thiazolidinediones or TZDs, which are no longer commonly used).
- * **Lifestyle factors** including low physical activity levels, inadequate calcium intake, low vitamin D levels, excess alcohol intake and smoking.
- * **Being underweight** or overweight.

health check

Make no bones about it, prevention is key

People with type 1 diabetes tend to have a lower bone density, related to insulin deficiency, while those with type 2 usually have a similar bone density to those without diabetes. However, in both type 1 and type 2, bone quality and bone turnover are reduced.

The main problem with having more fragile bones is the risk of a fracture if you fall. Having diabetes can also increase the risk of falls due to diabetes-related complications such as eye or nerve damage, especially damage to the nerves in your feet, which can affect balance. For those taking insulin or some types of oral diabetes medication, hypoglycaemia can also increase falls risk.

The bottom line is that everyone needs to be looking out for their bone health, but this is particularly important if you have diabetes.

BUILDING HEALTHY BONES

The good news is that there are plenty of things we can do to build strong bones.

● **Consume enough calcium by eating calcium-rich foods in your diet each day.** Calcium is the most important mineral for bone health, combining

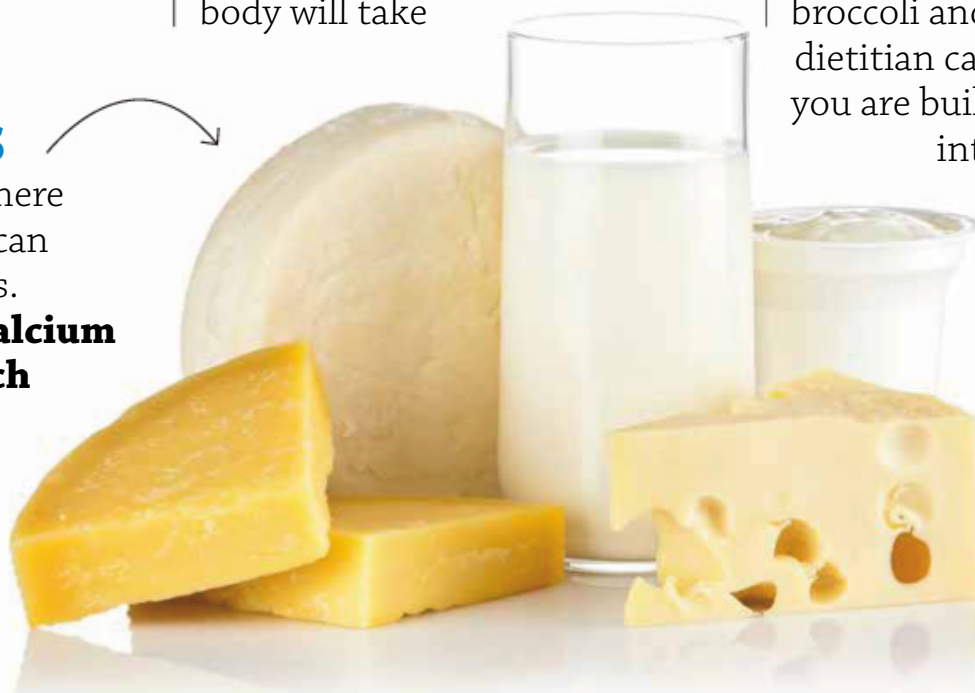
with other minerals to maintain strong bones. The bones act as a storage bank for calcium. This means that if the amount of calcium in the blood (which is needed for other important functions) falls below a certain level, then the body will take

the calcium it needs from the bones. Calcium is found in dairy foods (milk, cheese, yoghurt), fortified plant milks, canned fish with bones (such as salmon and sardines), firm tofu, unhulled tahini (sesame seed paste), almonds, figs, kale, broccoli and Asian greens. Your dietitian can help you make sure you are building enough calcium into your diabetes-friendly eating plan.

● **Exercise is essential for bone health**

and a bone-strengthening exercise program should include both regular weight-bearing

● **Maintain adequate levels of vitamin D by getting regular, sensible sunlight exposure.** The amount of sunlight you need to produce vitamin D is relatively low, but will depend on the season, your location, your skin type and the area of skin exposed. You can find out more by visiting osteoporosis.org.au/vitamin-d. Fatty fish and egg yolks also provide some vitamin D, as do mushrooms that have been exposed to UV light (that's right – just like us, putting your mushrooms out in the sun for 30-60 minutes before you eat them will cause them to produce vitamin D). But, if you don't get outside regularly, have naturally dark skin or you always cover up when you go out, you may need to take a vitamin D supplement, so speak to your doctor about getting your levels checked.





exercise (such as brisk walking, running or dancing) and resistance training (lifting weights). Aim for at least three times a week and continue to increase the intensity and/or resistance as the exercise gets easier. As we get older, balance and mobility training are also important to prevent falls. An exercise physiologist can help you develop an individualised exercise program for your bones, and getting help with a safe and effective program is particularly important if you've been diagnosed with osteoporosis.

● **Limit your intake of alcohol and don't**

smoke. Excess alcohol and smoking can both negatively affect your bone health – another good reason to quit smoking and drink alcohol only in moderation.

● **Achieve and maintain a healthy weight.**

Being underweight and carrying extra weight both appear to increase fracture risk, so aim to be within the healthy weight range through a combination of good nutrition and regular weight-bearing exercise. Rapid weight loss and bariatric surgery both appear to negatively affect bone health, so if you are

carrying extra weight, a gradual weight-loss approach is the best option for your bones.

● **Optimise blood glucose levels.**

Higher levels of blood glucose are associated with poorer bone health, particularly in people with type 2 diabetes. So, keeping your bones strong as you age may be another good reason to aim for blood glucose levels within your target range.

REDUCING FALLS RISK

If you have fragile bones, even a minor fall can lead to fracture, so it's important to take steps to reduce your falls risk. This could include seeing an exercise physiologist or physiotherapist for help with an exercise program to improve strength and balance, having your eyesight checked by an ophthalmologist or optometrist

if you are experiencing problems with

your vision, and speaking to your doctor if any of your medications appear to be causing you dizziness or affecting your balance.

It's also important

to reduce any hazards at home that might cause you to trip or fall, such as ensuring that all the rooms are well lit, any mats or rugs are flat on the floor, electrical cords are kept away from walkways and regularly used items are within easy reach. Installing handrails on stairs and in the shower and using non-slip mats in the bathroom can also help to reduce the risk of falls. ■

Want to know how your bone health rates?
Visit knowyourbones.org.au to complete the 'Know Your Bones' assessment and take the report along to your next appointment with your GP to discuss the results.



DRIVING AND DIABETES:

What are your responsibilities?

Confused about what being diagnosed with diabetes means for your driver's licence? Here's what you need to know

▶▶ It's no secret that getting – and keeping – a driver's licence requires jumping through a few hoops. And rightly so. But does living with diabetes change things? Are you obligated to share your diagnosis with the authorities? And does it differ depending on where you live? Here are the answers to a handful of common questions.

Do I have to tell the driver licensing authority (DLA) I've got diabetes?

If your diabetes is managed with diet alone, then you're not obligated to inform the authorities (although it does pay to double check with the DLA in your state or territory, as requirements can change). If you take glucose-lowering medication, or use insulin to control your diabetes, then yes, you have to tell the DLA, regardless of where you live.

Will conditions be placed on my driver's licence?

It depends. If you use insulin, then you're no longer eligible

for an 'unconditional' licence and, provided you tick a few other boxes, will be given a 'conditional' one instead. Commercial drivers who have diabetes are also likely to require a conditional driver's licence. But, if you hold a private driver's licence and don't use insulin, you can usually continue to drive on an unconditional licence.

Will I need a medical check-up to renew my driver's licence?

If you use medication to manage your diabetes, then yes, your licence is subject to a medical review by your doctor – once every two years for insulin-treated diabetes and every five years if you take glucose-lowering tablets. If you drive on a commercial licence, annual reviews are usually required.

Could I lose my licence due to diabetes?

A reduced awareness of hypoglycaemia, which is more likely to occur in people who've had insulin-treated diabetes for more than 10 years, can mean you're no longer eligible to drive. Experiencing a severe hypo and other related complications can also affect your licence. ■





Where can I get more information?

Speak to your doctor or contact the DLA in your state or territory.

* **NSW:** Roads and Maritime Services NSW,

13 22 13, rms.nsw.gov.au

* **ACT:** Access Canberra, 13 22 81, accesscanberra.act.gov.au

* **NT:** Motor Vehicle Registry, 1300 654 628, nt.gov.au/transport

* **QLD:** Department of Transport and

Main Roads, 13 23 80, tmr.qld.gov.au

* **SA:** Department of Planning, Transport and Infrastructure, 13 10 84, sa.gov.au

* **TAS:** Department of State Growth, 1300 135 513,

transport.tas.gov.au

* **VIC:** VicRoads, 13 11 71, vicroads.vic.gov.au

* **WA:** Department of Transport, 13 11 56, transport.wa.gov.au



SLEEP TIGHT

Losing quality sleep can cause higher-than-average morning BGLs. But if this is you, we've got strategies to help

Do you need a pro?

If you don't see changes after three weeks, or are waking up to snoring, choking or gasping, you may want to see a sleep doctor. Ask your GP for a referral.

► Search for patterns

First, try to identify what's keeping you up. "If you keep a blood glucose log, mark the nights you didn't sleep well and why," says Linda Tilton, a certified diabetes care and education specialist. Were you watching the news in bed? Did neuropathy-related pain keep you up? You may see patterns forming, and this can help you take action.

Get out of bed

If sleep isn't on the cards, the best thing to do is get up. "If you try to force sleep to happen, you start associating the bed with a place of frustration, wakefulness or worry," explains Shelby Harris, author of *The Women's Guide to Overcoming Insomnia*. If you are awake in bed for more than about 20 minutes, go to another room and "pass the time with something that doesn't use screens, like reading, jigsaw puzzles, colouring in," she says. Then go back to bed when you're sleepy again.

Manage worries

When our bodies are quiet, our thoughts can run wild. Instead, do a brain dump to help you park your worries. "Keep a notepad by your bed and, when you wake up anxious, write down why and what you can do about it tomorrow," says Tilton.

Be consistent

A healthy routine can help prevent sleep issues. This includes limiting caffeine later in the day, powering down electronics and relaxing your body an hour before bed, avoiding alcohol and having a consistent bedtime and wake time, which trains your body to rest when you want it to, says Harris. And, if you take naps, consider limiting your rest to 10-20 minutes. Your nighttime self will thank you! ■



NEED-TO-KNOW FACTS ABOUT DIABETES & NEUROPATHY

Diabetes is the most common cause of a serious condition called neuropathy. Here's how it can impact your health – and how you can lower your risk

1 Up to 50 per cent of people with diabetes develop neuropathy. Over time, persistently high BGLs damage nerves and weaken the walls of the blood vessels that supply nerves with oxygen and nutrients, leading to damage. The risk of developing neuropathy increases the longer you've had diabetes.

2 The most common nerves it affects are those to the feet and hands. Typically, it affects the feet and legs first, followed by the hands and arms. But any of the body's nerves can become damaged, including the ones we rely on to control our internal organs.

3 You might not notice symptoms until significant nerve damage has occurred. Most people with neuropathy don't know they have it until it's picked up by their

doctor. When symptoms do occur, what they feel like depends on which nerves are affected, but the most common ones are numbness, pins and needles and tingling that begins in the feet.

4 Neuropathy causes serious complications.

When nerve damage occurs in the feet, for example, the loss of sensation increases the risk of accidental injury, which can turn into a foot ulcer. Ultimately, this can lead to the amputation of a toe, foot or leg. In fact, in Australia, someone has a limb amputated every two hours as a result of diabetic foot disease.

5 There is no cure. Damaged nerves can't be repaired, so treatment is focused on avoiding complications, including looking after your feet carefully. It's important to take action at the first sign of injury to your feet,

such as a cut, blister, sore, red area or open crack and, if it doesn't improve within 24 hours of treatment, make an urgent appointment with your doctor.

6 Good blood glucose management can reduce the risk of neuropathy by as much as 60 per cent.

It can also help to slow its progression. According to Diabetes Australia, the goal is to keep fasting blood glucose levels as close to the target range of between 4 to 6mmol/L as possible, and aim for a HbA1c in the 6.5-7 per cent range. However, even reducing your HbA1c by just 1 per cent will be beneficial.

7 There are other things you can do to lower your risk of neuropathy, too. These include maintaining a healthy weight, not smoking and keeping your blood pressure in check. ■

A spiral-bound notebook with a green succulent and a black pen on a pink background. The notebook is open, showing a lined page with the text "Today I am grateful for...".

*Today I am
grateful for...*

Attitude OF *gratitude*

When life gets tough, it's hard to look on the bright side. Yet remembering to be thankful can help to restore your joy (and there's science to prove it!)

▶▶ Phyllisa Deroze is no stranger to the benefits of gratitude in the face of adversity. “When you have diabetes, you’re constantly bombarded with opportunities to feel like a failure, which means you’re always dealing with negative feelings,” she says. Deroze, a global diabetes advocate and academic from Florida, was diagnosed with type 2 eight years ago – about two months after she lost her house and everything she owned in a tornado. She believes “embracing a spirit of gratitude can help you stay grounded and find positivity in a day filled with the opposite”.

It’s that ray of hope that’s made gratitude an anchor in Lauren Bongiorno’s life, too. Living with type 1 diabetes for almost 20 years has affected her mentally as much as physically. Yet through regular yoga practice, she’s learned that it’s healthy to acknowledge and sit with uncomfortable feelings, instead of pushing them away. The trouble occurs when those draining feelings linger. “I know I need to make a shift, and coming back to gratitude is the fastest way to change your state of mind,” says Bongiorno, a virtual health coach and author of *The Diabetic Health Journal*.

It’s common sense that giving or receiving thanks can make you feel good. But as they say, the proof is in the pudding. A 2017 research review found that, psychologically, being grateful has been linked with enhanced feelings of vitality, hope, optimism and life satisfaction.

In one study from this review, people who wrote down the things they were grateful for reported fewer symptoms of physical illness, had better-quality sleep and spent more time exercising than those who thought about hassles or daily events.

How can a mere feeling enhance these facets of health and wellbeing? For starters, gratitude broadens your ability to think in creative ways and spurs you to build up resources, including relationships. “When you feel positive emotions, you tend to be motivated to approach other people and bond with others around you,” says Stephen Yoshimura, a professor of communication studies at

the University of Montana and a co-author of the 2017 review. Surrounding yourself with people who can be there when you need them not only lessens feelings of loneliness, it also makes you feel like you matter to other people. And that’s key. “When you believe that you matter to others, you’re often motivated to take better care of yourself,”

he says. For example, you might be more likely to eat mindfully and check your blood glucose regularly when you know that others care about you.

Secondly, when you open yourself up to experiencing gratitude, you increase the

quality of your relationships. “If you know you have people you can turn to for help, it can make life feel easier and help ease stress,” says Professor Yoshimura.

Make gratitude a daily practice

Fortunately, everybody is born with the capacity to feel gratitude. Yet the way you express it and the intensity with which you express it will depend on how you were raised, says Professor Yoshimura.

Regardless of your upbringing, though, you can always work on being more grateful in your daily life. While a gratitude journal – where you write down things you’re grateful for during the day – is certainly an effective strategy, that’s not the only thing you can do. Read on for seven other strategies to help you cultivate gratefulness. ➤



A simple practice of giving thanks can help you reframe and reset

self care

1 *Find one good thing*

Diabetes is with you 24/7, but if you can find just one positive thing about every challenge you face, you'll emerge stronger. "Something as simple as focusing on how we're living with diabetes is a necessary paradigm shift from feeling like we're dying from diabetes," says Deroze, who also founded the website Black Diabetic Info (blackdiabeticinfo.com), which provides culturally competent diabetes information. For example, when she wakes up with high fasting blood glucose, she might feel grateful after lowering it that she can go to work feeling better, which then sets her mood for the whole day. "As a result, my stress level is lower, and that in turn helps my blood [glucose] and makes it more likely I'll go to the gym," she says. "It's like a snowball effect so that once you create a habit of feeling grateful, it becomes second nature to shift your mind when negativity sets in."



2 **Acknowledge the power you do have over your health**

You may not be able to control every variable that affects your diabetes. There may be times when, in spite of all your best efforts, your blood glucose still veers out of range. Yet, thanks to a wealth of medications, devices and digital tools, you do have options for managing your blood glucose and your health. Rather than focusing on what you can't control, try acknowledging the power you have. In doing so, you may feel more uplifted, says Nicole M Bereolos, a clinical psychologist and diabetes educator from Dallas who's been living with type 1 since 1992.

3 *Volunteer*

Bongiorno points to a saying – "If we all put our problems in a pile and saw everyone else's, we'd grab ours back" – as the rationale behind the importance of stepping outside yourself and volunteering. She suggests looking for volunteer opportunities at a hospital or a facility that serves the underprivileged. "You'll learn that while diabetes isn't the best thing in the world, it's not the worst either," she says. Once you realise this, you may see that you have more to be grateful for than you thought.

TOO
blessed
TO BE
stressed

4 **Choose an app**

Download an app that sends you random positive quotes throughout the day. "These can break through the negativity of the day," explains Bereolos. Deroze, for instance, uses the *I Am* app, which delivers daily affirmations on a customisable schedule. The app also lets you create your own mottos, which Deroze has found helpful for managing diabetes. Some of her favourites are 'I am diagnosed, not defeated', 'Too blessed to be stressed' and 'Doing better today than yesterday.' "They help remind me that I'm not defeated by diabetes," she says.



5 Take a mindful moment

When you appreciate something around you – be it a flower or a cup of tea – your mindset automatically shifts. “One of my secrets to managing diabetes is to plan, and gratitude is one of those planned efforts,” says dietitian Toby Smithson, a *Diabetic Living USA* advisory board member and author of *Diabetes Meal Planning and Nutrition for Dummies*. “I make a conscious effort to find something I’m grateful for every day. I state the phrase ‘stop and smell the roses’ each time I want to have a moment of gratitude, as a verbal reminder.”

6 Create a gratitude reminder

Whether it’s a song that you upload to your phone, a saying you post on social media or a string you wear on your wrist, find one simple thing that either makes you happy or reminds you of a good memory. Then engage with this reminder for three to five seconds every day. “You’ll immediately feel a burst of joy, and that positive emotion can lead to gratitude,” says Bereolos.



7 Say thank you

This may be easier said than done, but try to take time to recognise the people who are helping you. “By lightening your load, they’re helping you shift away from your pain of managing diabetes,” says David Weingard, who was diagnosed with type 1 at 36. He was so grateful for his first diabetes educator that he was inspired to create a company named after her: Cecelia Health, a technology-enabled diabetes and chronic disease management firm in New York. Recently, he located her son to thank him in person for his mother’s inspiration – Cecelia had since passed away. While you’ll likely not go to these lengths, expressing gratitude with a simple ‘thank you’, a gift or a thoughtful note can give you an immediate feeling of joy. ■



“I see each day as a new opportunity to get things *right*”

TYPE 1

Having lived with diabetes for almost three decades, 41-year-old Kate Stevens has learned a lot about how to look after herself, both mentally and physically. This is her story



▶ “Maybe it’s because I was diagnosed with type 1 diabetes 29 years ago, just after I’d turned 12, but I’ve always tried to think of living with it as playing the long game, rather than being about success or failure on any given day.

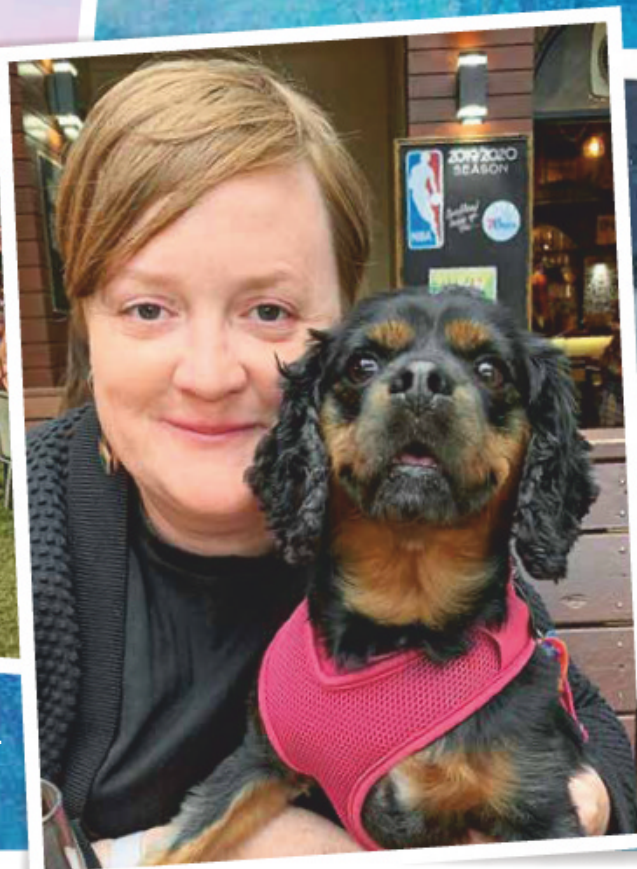
“I’ve always believed that if you get something wrong, it’s not a reason to give up. And it’s not a reason to beat yourself up about it, either. Instead, I see each day as a new opportunity to get things right.

“Don’t get me wrong – because I was still a child when I was diagnosed with diabetes, I’ve always had an awareness that I have to take care of myself in a way that others don’t. So I eat well and exercise regularly, but I’m by no means perfect.

“I guess my perspective is that while discipline is required when you have diabetes, and you can’t pretend you don’t have it, you can’t let all the joy get sucked out of your life, either. I think it’s really important not to obsess about making a mistake. You’re always better to learn from mistakes, rather than being so



RIGHT AND FAR RIGHT: Kate enjoys spending time with Cleo, her much-loved rescue dog, and her family.



scared of making one that you are scared to try things.”

A child's perspective

“I was with my family on holiday in the UK when I was diagnosed.

“We were travelling around visiting and staying with family, and gradually I became more and more tired, had an insatiable thirst and, whenever we'd get in the car to drive somewhere, I needed to find a toilet within five minutes. I'd always been quite skinny as a kid, but I was getting thinner and thinner, and eventually went completely off my food.

“My parents took me to hospital, they ran some tests and we found out I had diabetes. I spent a couple of days in the children's ward, learning how to inject insulin and then, as a family, we got on with it. Even the holiday continued!

“As a 12-year-old, I didn't know a single thing about diabetes, but I was relieved to find out that there was a reason why I'd been feeling so terrible. I felt instantly better after my first insulin shot. Plus, I got to walk out of the

hospital pretty quickly, when so many other kids I'd been on the ward with didn't. I felt lucky.

“My parents were much more upset and affected by it than I was. Apart from anything else, I think they felt guilty they hadn't taken me to the doctor earlier, but we're also a pretty 'low fuss' family. I was never treated any differently to my brother.

“As time went by, though, I started to become quite concerned and worried about the people around me dying.

“Because of how sick I'd been, it eventually dawned on me that I'd had a brush with death, which made me come to terms with my own mortality at quite an early age and start thinking quite seriously about death and dying.

“I didn't realise or process any of that properly until quite a bit later on. It taught me that while you should never underestimate the resilience of children, and you can't assume that they'll be outwardly crushed by a diagnosis of something like diabetes, there's often a slow burn going on in the background which, as a parent, you need to be on the lookout for.”

The importance of speaking up

“Throughout my teenage years, I was always very focused on my diabetes not defining me. I was embarrassed to tell people I had it and never wanted to get any special treatment because of it. It made me different and, like any teenager, I just wanted to fit in.

“As well as my family being a great help, I also played a lot of sport and did everything every other kid did. And thankfully, as long as I ate what I was meant to, and injected insulin twice a day, I was a very 'normal' teenager – bearing in mind that back in the 1990s, diabetes management was a lot more basic than it is now.

“It's only as I've grown older that I've become vocal about diabetes. This includes being an active member of the Facebook group Diabetes Support Australia and New Zealand.

“I'm living fairly successfully, with no complications. I think people and their families need that representation in their lives. I hope my story helps reassure others that diabetes doesn't have to define them.” ■

‘DON’T be afraid to do your own research’

When 46-year-old Mel Davis was told she had type 2 diabetes, she had no way of knowing it was only the beginning of a journey to convince her doctors they had gotten it wrong. This is her story

**TYPE
1.5**

▶▶ “I found out I had diabetes in July 2018, as part of a routine blood test I was having every three months to keep an eye on a thyroid condition I’d been diagnosed with the year before. In the same doctor’s appointment, I was also told I had an abnormal pap smear result that required treatment, so it was a lot to take in.

“To be honest, I was more devastated about the diabetes diagnosis than anything else. While I knew cervical cancer could be dealt with, I also knew that if I didn’t look after myself, diabetes could mean I’d be facing some serious complications, like going blind or losing a limb, further down the track.

“But I also struggled to accept I had diabetes at all. There was no family history and I was otherwise pretty fit and healthy.

“I asked my doctor for a blood glucose test kit so I could keep an eye on my levels, but he said I didn’t need to worry about doing that, and that I’d be able to manage my diabetes simply by watching what I ate. I left with a simple instruction to steer clear of sugar, so that’s what I did.”

TAKING A TURN FOR THE WORSE

“A year later the flu was going around work and I caught it. I didn’t suffer too much, but at the tail end of it I started to lose weight quite rapidly. I was also struggling with my vision and had a constant need to go to the bathroom, but I didn’t link anything together or think too much about it.

“When my next blood test showed that my HbA1c was really high, my doctor ordered more tests, including one to check for



antibodies, because he suspected I actually had type 1 rather than type 2. The results came back positive and my world fell apart. I knew that meant insulin injections. I was terrified and I was tired. I felt like I'd already been through the wringer enough, health-wise.

"At the same time, my doctor was confused because he said my test results were reading as both type 1 and type 2, so he referred me to an endocrinologist, who found it strange that I had no trace of ketones. It was all very unsettling, overwhelming and hard to get my head around.

"I switched specialists and was told I had to start on insulin right away. But, at the same time, I'd been doing my own research and had come across type 1.5, which seemed to make sense to me because of my unusual test results. When I mentioned this to my new endocrinologist, he shut down all my questions and didn't send me for any of the extra tests I asked for, like c-peptide and checking for coeliac disease.

"I felt like I was getting nowhere, but I went away and started injecting insulin as instructed. Every morning I'd wake up having a hypo, which was scary, more so because I live alone. I developed a fear of going to sleep in case I didn't wake up again. Then I started having hypos during the day, but I didn't know I was having them because I had no signs or symptoms. It forced me to test my BGLs constantly, pricking my fingers up to 20 times a day trying to catch them all. When I spoke to my diabetes educator, he just told me to eat more carbs. But I didn't want to start injecting for food. This wasn't how I wanted to live the rest of my life."

What is type 1.5 diabetes?

*** Type 1.5 diabetes is officially called late-onset (or latent) autoimmune diabetes (LADA). It's a slow-progressing form of autoimmune diabetes that's diagnosed during adulthood and, like type 1, occurs because the pancreas stops producing enough insulin.**

It's often called 1.5 diabetes because, while it's similar to type 1, it also shares some features more commonly associated with type 2.

The pancreas producing some insulin, combined with symptoms in people over the age of 30, means LADA is often misdiagnosed. It's thought 15-20 per cent of people with type 2 actually have type 1.5.

Experts suggest if you've been diagnosed with type 2 and you're lean or losing weight, talk to your doctor. A GAD antibodies test can confirm.



ABOVE: Mel with her dog, Hugo.
OPPOSITE: Mel with her daughter, Jade.

THE POWER OF PERSISTENCE

"Eventually I did give in and started eating a lot of carbs, but it was a nightmare because I couldn't get the ratio of insulin right. Plus, by this stage, I'd lost 13kg and my period had disappeared. I was down to 47kg and felt like I was dying.

"Fed up with the lack of care and support I was receiving from both my endocrinologist and my diabetes educator, I went back to my original GP. He was so upset when he saw me. He changed my

medication immediately and found me another specialist and, finally, I met with an endocrinologist who took the time to listen and run all the tests. It turned out I'd been on more than double the amount of insulin that I needed. And I was diagnosed as type 1.5.

"Getting an accurate diagnosis hasn't been a magic bullet, but if nothing else, it has made me feel safer and like I'm supported and not being dismissed. So far I've regained 10kg and my latest HbA1c is really good, which is heartening.

"It's been a slow process and I've had many days of wanting to give up, mainly because it's been so all-consuming and exhausting. But I have a 17-year-old daughter and she's the main reason I've worked so hard to get through all the struggles and hurdles.

"My experience has reinforced my view that if you don't feel like you're getting the right treatment or care from your doctors, you have to keep pushing. And don't be afraid to do your own research. It's your life and your health, so you have a right to not only ask questions, but to keep going until you get the answers." ■

my story: type 1

‘How diabetes **CHANGED** my life’

Actress Elizabeth Perkins was diagnosed with diabetes at 44. Here, she opens up about it...

TYPE 1

▶▶ The first signs

“I just didn’t feel well,” says the actress, who’s now 59. “I was absolutely fatigued. I thought I had mono. I was having incredible bouts of thirst and losing a lot of weight, and my vision was off.” A routine blood test revealed why: “The doctor came in and said they needed to put me in an ambulance. My blood [glucose] was 35.52 mmol/L – normal is around 5.5. I was rushed to the hospital and, boom, learned I had diabetes.”

Learning curve

“I don’t produce insulin. I am now fully insulin-dependent,” says Perkins. “It’s been challenging. I immediately put on 18kg the minute I started injecting insulin. I was shooting [the TV show] *Weeds*, and you can see me getting bigger on the show. When you’re injecting something that stores fat, it’s a drag!” Of course, she didn’t exactly have a choice. “It was a huge adjustment to know I have to manage this five, six times a day.”

The day to day

“People think I can’t eat sugar, but it’s about [counting] carbohydrates,” she says. She also found that exercising five times a week helps her manage her blood glucose. And she carries insulin pens everywhere she goes: “I used to go to the bathroom to inject myself, but now I’m like, ‘Sorry!’ and raise my skirt, and put it in my thigh wherever I’m at.”

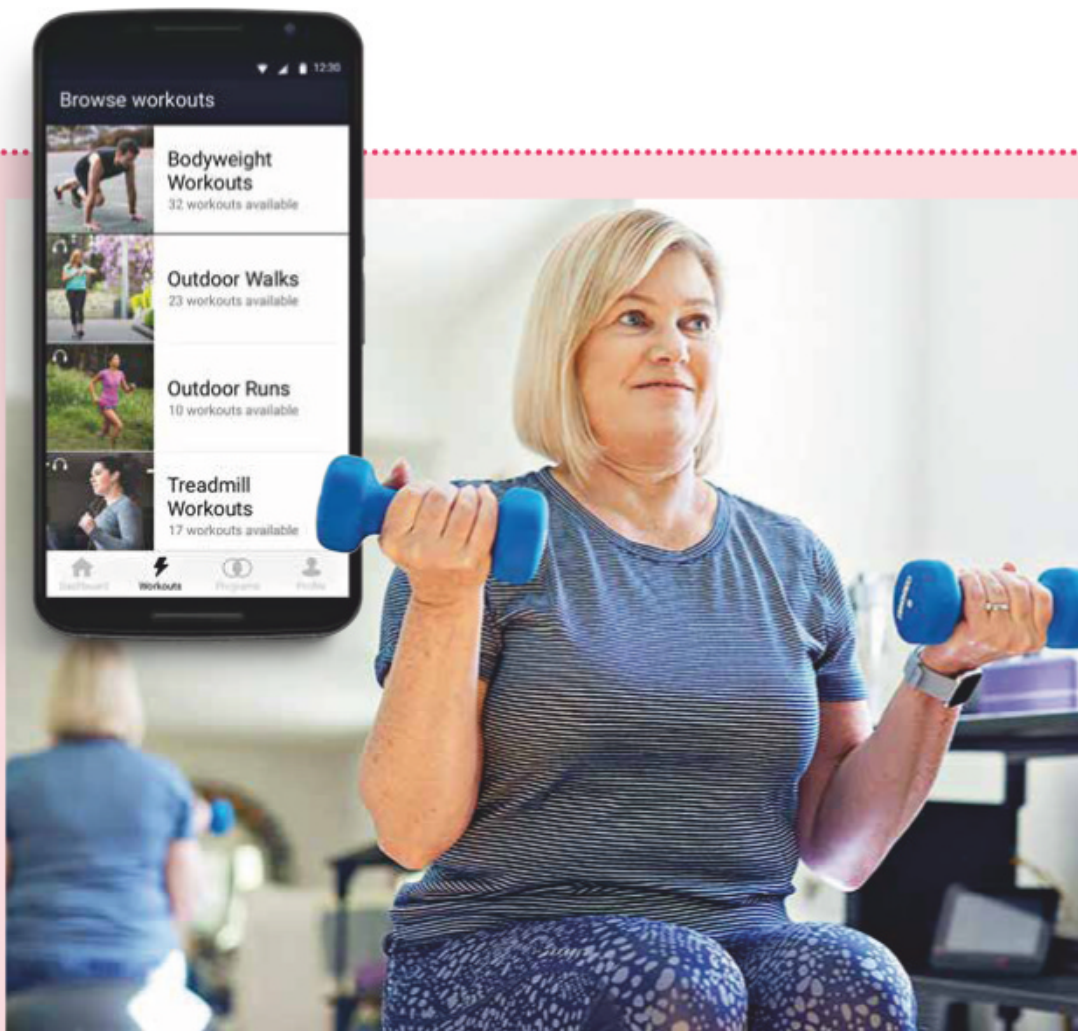
Coming to terms

Despite having made peace with her condition, Perkins admits there are days she wishes it would all go away. “Certainly there are times I wake up and just think, ‘I don’t want to be diabetic today.’” It can be a lonely disease, she says. “Outwardly, you look 100 per cent fine, but inside you are battling something quite deadly.” Finding people online who are living with the same diagnosis has helped. “I actually have a lot of support online,” says Perkins. “That’s where I’ve found the most support.” ■

The pandemic has changed how we exercise - goodbye gym, hello home workouts

▶▶ The coronavirus pandemic saw gyms shutting their doors, but that's no excuse to stop moving. There are a multitude of companies offering workouts online that you can easily do at home. With options to join a program suitable for beginners, or create your own workout program by selecting from hundreds of available videos, there's something for everyone (no matter your age or fitness level). If you're unsure which one you want to join, many apps and online programs offer a free trial – followed by a paid monthly or yearly membership (ensure you check what currency it is: AUD or USD) – so try them out to find one that suits you most! To get you started, we've rounded up our favourites. ➤

Virtual FITNESS



* YOGA | DOWN DOG

Yoga Buddhi Co. is the master-woof behind Down Dog Yoga, offering a personalised practice that is focused on the pace and level you require, while still broadening your fitness repertoire. You can explore the likes of Vinyasa, Hatha, Restorative and Ashtanga through both mat- and chair-based movements to get you moving in no time.

downdogapp.com

* CENTR

How could we have a fitness list without mentioning Australia's favourite, Chris Hemsworth? His very own health and fitness app, Centr, offers 20-60 minute workouts – yoga, boxing, mixed martial arts, foundation movement and more! – for beginners, right through to advanced. All workouts are available as a coached (follow along) or self-guided session that provides a breakdown of movements to follow at your pace.

centr.com

* FITBIT PREMIUM

Fitbit has partnered with globally renowned fitness brands – such as barre3 and Yoga Studio by Gaiam – to offer more than 150 workout videos, including dance cardio, kickboxing, yoga for sleep and a prop-free, full-body reset. What's more, its guided programs (such as Beginner Bodyweight) are designed to give you a little reminder to get moving... and help you to build healthy habits too!

fitbit.com/au/fitbit-premium

* BARRE BODY ONLINE

Keep yourself on your toes, literally, with Barre Body Online. Its world-class teachers offer hundreds of workouts – barre, pilates, yoga, stretch, ballet, meditation and dance-inspired sessions – that are suitable for all, by providing modifications no matter what level you're at.

online.barrebody.com.au

* ALO MOVES

Get the full studio experience in the comfort of your own home with Alo Moves. The world-class instructors offer step-by-step instructions to get you moving like a pro in classes ranging from dance cardio and yoga right through to hip flexibility, neck or lower back pain relief, and desk therapy!

alomoves.com



* 8FIT

Struggling to fit in a full 30 minutes of exercise? Why not take it one step at a time by starting with short 8-12 minute sessions with 8Fit? Its workouts – including boxing, HIIT, yoga, resistance band and more – feature real-life demos and written instructions to help guide you through the levels.

8fit.com

* FITNESS CHANNELS ON YOUTUBE

Discover an array of tutorials and workouts you can follow on YouTube. If you don't know what you're looking for, try searching terms such as 'fitness workouts' or 'beginner workouts'. There are so many channels, you will be spoiled for choice. Some of our favourites are The Fitness Marshall, HASfit, Popsugar Fitness and Blogilates.

[youtube.com](https://www.youtube.com)



* PILATES ANYTIME

Want to dip a toe into the world of pilates? Pilates Anytime is your go-to site. Catering for all levels and durations, with more than 3400 classes you're bound to find a class or program – perhaps a small props workout (hint: use canned food for hand weights) or the Active Aging Program to improve your balance and stability – that will get your body moving.

[pilatesanytime.com](https://www.pilatesanytime.com)



* AT HOME WORKOUTS BY DAILY BURN

Whether you're chasing a full-body workout, an intro/beginner class or a challenge, At Home Workouts by Daily Burn is a one-stop shop. If you're new to working out, the eight-week True Beginner program is the best place to start. If you'd rather plan your own program, there are more than 2000 video and audio workouts available for all levels.

[dailyburn.com](https://www.dailyburn.com)



* KEEP IT CLEANER

Started by two Aussie girls, Keep It Cleaner is the fitness buddy you need. Offering online guides and plans, the four-week program focuses on pilates, boxing, yoga, HIIT, running, strength training, mindfulness and everything you need to live a healthy, zen life.

[keepitcleaner.com.au](https://www.KeepItCleaner.com.au)

HOW DO I GET ACCESS?

First place to go is the websites we've listed. On the websites, either on the main page or under FAQs, you will find instructions on how you can access and view their programs. Most are available on your computer, but many have apps you can download on your Apple or Android device (such as a phone or iPad). If the screen is too small, you can play it on your TV by connecting through AirPlay or Google Chromecast. If it isn't working, their FAQs or on-hand staff can help. ■

Consult your healthcare team before starting a new fitness regimen.



WALK THIS WAY

Pound the pavement with purpose to lose weight and keep it off!

► Walking for exercise can boost your mood and energy. It helps many people lose weight, and you feel good doing it. But, did you know it can also thwart plaque build-up in blood vessels, lower your HbA1c level and improve your insulin sensitivity? To top it

READY, SET, GO!

As you walk, focus on your form. The right technique can keep you walking longer without injury. Think about going to the RACES:

R **ROLL:** Every time you step, roll your foot from heel to toe.

A **ARMS:** Swing your arms at your sides – never above chest level or across your body. To pick up the pace, use your arms like pistons: bend your elbows 85 degrees and keep your fists closed, but not clenched.

C **CONTRACT:** Engage your stomach muscles to protect your back.

E **EYES:** Keep your gaze 4-5 metres in front of you, with your chin parallel to the ground.

S **SPEED:** Strive to walk at a pace where you are winded but can talk. If you can sing, you need to step it up. If you're panting, slow down.

Once you reach your distance goal, raise your intensity with interval training.

Quicken your pace for as long as 15 seconds, then slow to your usual intensity for up to 2 minutes, says Craig A. Horswill, clinical associate professor of kinesiology at the University of Illinois Chicago.

As you become stronger, look to lengthen the harder segments and shorten the easier ones.

"This is a very effective way of not only improving your fitness, but also your insulin sensitivity," he says.

all off, it's free, easy and you already know how to do it.

"Walking allows you to be more mobile," says Devon Dobrosielski, a researcher and exercise physiologist. "It builds muscle strength, which is vital to avoiding disability, frailty and falls later in life."

So commit today to start walking more.

MAKE A PLAN THAT STICKS

The best way to start a new exercise program is to schedule it.

Carve out time in your day and plant reminders such as exercise clothes and shoes near

your bed to make it easy to stay on track, suggests Caroline Bohl, a diabetes educator and personal trainer.

To stay motivated, build in rewards. Listen to a radio program or a book on tape. Or, catch up with a long-distance friend on your mobile phone (as long as you're safe from traffic).

Walking with a partner – human or otherwise – helps to hold you accountable. "When people get a dog, their physical activity goes through the roof," says Brett Ives, certified diabetes educator. ➤



Join or form a walking club (check with your local gym or recreation club) to socialise while you work out. Social media and smartphone apps can help get you moving, too. “If you’ve created a network on Facebook or email, you motivate each other when you post regularly about your efforts,” says Ives.

Music can help in multiple ways: it distracts from the

effort and the passage of time and it encourages you to pick up the pace, says Bohl. Set up a playlist on your phone.

COUNT YOUR STEPS

Measure your progress with a pedometer (step counter). There are dozens of styles and price points. You can get an accurate, reliable pedometer for about \$30. Clip it above one hip

at waist level. Track your steps with a smartwatch, or download a pedometer app (several are available) and carry your smartphone in your hip pocket.

“Pedometers are huge motivators and give you positive feedback,” says JoEllen Wilbur, associate dean for research at Rush University in Chicago. Research shows pedometers lead people to

WALKING WITH WEIGHTS: GOOD IDEA OR BAD?

The doctors, kinesiologists and personal trainers we spoke with were divided on whether there are benefits to carrying light weights or strapping them to your ankles while walking, but most said to skip it. The added weight – even just a few kilos – can throw off your gait, or worse, tug on joints, causing slow-to-heal injuries. “Holding weights or walking backward gives very little incremental value,” says Vivian Fonseca, a professor of medicine and pharmacology and head of the endocrinology department at Tulane University in New Orleans. “Leave such training moves to athletes. What really matters is getting exercise of about 30 minutes daily, at least five days a week.”



WORDS MICHELE MEYER, ELLIE GRIFFITHS PHOTOGRAPHY JASON DONNELLY



Walking increases bone and muscle strength, improves balance and assists with the management of diabetes

walk 2000 extra steps daily, which is considerable given the average Australian adult walks 7400 steps a day. “Wear it like you would a ring or watch,” says Wilbur. “Eventually it will become a part of you.”

If you are starting from the beginning, try to get 600 steps a day for the first week. Each week, add another 600 steps to your count (week 2 = 1200 steps, week 3 = 1800 steps), and after 8 weeks you’ll be walking a total of 4800 steps a day. The goal is to reach 5000-7499 steps daily – considered to be ‘somewhat active’ – or an ‘active’ 7500-9999 steps.

Like a postie, tell yourself you will walk no matter the weather. Multiple layers and wet-weather gear will help on those not-so-sunny days. Remember, every journey starts with a single step, so make your walk to wellness and weight loss count!

BEFORE YOU GO

A few things to consider before walking out the door

* YOUR BLOOD GLUCOSE

For people with type 1 diabetes and people with type 2 who take insulin or blood glucose-lowering medications such as sulfonylureas, monitoring BGLs before exercising is the key to limiting hypoglycaemia.

If you take one of these meds, be sure to check your blood glucose about 30 minutes before you exercise. Be especially vigilant in the first week of exercise, and when temperatures or your activity duration or intensity climbs.

* A SMART SNACK

If your BGLs are between 4 and 6mmol/L before working out, you may need to have an extra carb-containing snack before you exercise to reduce your risk of hypos.

“The risk of just drinking juice or sports drinks as a pre-exercise snack is that you can get on a glucose rollercoaster, where the sugar spikes and comes right back down,” says Brett Ives, certified diabetes educator.

* THE RIGHT SOCKS

Before you head out the door, think about your feet. If you can, go to a specialty athletic shoe store to be fitted properly for shoes designed for walking, with solid arch support and sufficient padding. Even if you don’t buy the shoes, you’ll learn what to look for. Or, find a flat, flexible shoe that provides enough room for your feet to spread out while you walk.

Always wear clean, seam-free, well-cushioned socks that wick away moisture. “Make sure there are no wrinkles when you put your socks on, because that can eventually cause rubbing and irritation,” says Ives.

After your walk, examine your feet for any red spots, swelling or blisters. Monitor any changes and alert your healthcare provider.

* COMFORTABLE SHOES

Replace your walking shoes every 560-800 kilometres or every 4-6 months, depending on how far you walk. Also, saving your walking shoes just for walks (not everyday casual wear) will make them last longer. ■

FIND A

WORKOUT

HIDDEN IN YOUR
DAY

Doing all of these moves in one day, a 79kg person can burn up to 300 extra calories (1255kJ).

A few minutes here, a few reps there: squeeze these moves into your routine to help meet your activity quota

▶▶ Finding time for the recommended 30 minutes per day of moderate-intensity exercise can be a challenge. Let's get real: it can feel downright impossible.

Here are ways to incorporate simple exercises into your everyday life, without having to drive to a gym or block out an extra hour in your schedule. Adding these movements can tone muscles, improve balance and make your body more efficient at burning calories. Before you know it, these moves will be a natural part of your routine.



MORNING

WAITING FOR THE COFFEE TO BREW

* *Active stretching*

Stand tall with your shoulders squared over your hips and elbows bent with palms pressed together in front of your chest, fingers pointed toward the ceiling.

Take a deep breath in; continue pressing your palms together as you exhale and reach your arms overhead, palms still together, lifting through the rib cage.

Keeping your arms straight, reach up and away from the body. Inhale as you lower your arms down by your sides, pressing your shoulders down away from your ears.

exercise

WAKE UP

* *Crunches*

Start your day with some crunches and twist crunches to strengthen your abdominal and oblique muscles. Before you get in the shower, lie flat on your back on the bedroom floor (you can even stay in your pyjamas) and pull your belly button towards your spine.

Place your feet flat on the floor with your knees bent and your hands on top of your thighs. Exhale as you lift your shoulders off the floor and move your hands toward your knees. Inhale as you lower back down. Lead with your chest, not your chin, to keep your neck neutral (you should be able to fit your fist in the space between your chin and chest). Complete 10-15 repetitions.

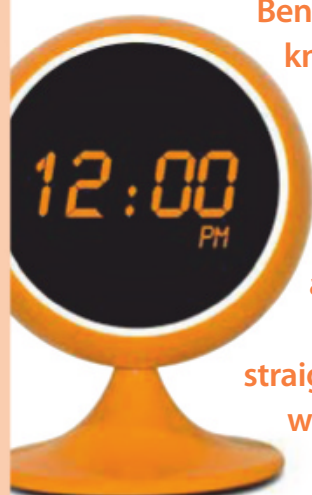
For a twist crunch, start in the same position as a crunch, but move both your hands to the outside of your left leg. Exhale as you raise your right shoulder off the ground and reach both hands towards your left heel; inhale as you lower back down. Do 10-15 repetitions. Repeat on the other side 10-15 times.

BEFORE EATING LUNCH

* *Plié squats with biceps curls*

Before you sit down to eat, stand with your belly button pulled in towards your spine and feet wider than hip width apart. Keep your toes angled out and arms long by your sides with palms facing forward.

Bend your knees and elbows, keeping your knees in line with your toes and bringing your palms towards your shoulders with elbows at your sides. Lower your hips and shift weight back into your heels, tucking your tailbone under and contracting your thigh muscles. Press through your heels and stand up, straightening your arms to a start position without locking your knees or elbows. Repeat 20 times. Then dig in to lunch!



AFTERNOON BREAK

* *Wall push-ups*

Stand tall with your belly button pulled in towards your spine. Extend your arms in front of you at shoulder height, slightly wider than shoulder width apart. With your hands on a wall, inhale as you lean your body forward, leading with the chest and forehead and bending at the elbows, keeping your heels on the floor. Bend your elbows to 90 degrees between shoulder and rib height. Exhale as you push through the palms and press away from the wall. Repeat 20 times, taking breaks as needed. ➤

MIDDAY

EVENING

WATCHING TV OR A MOVIE

* *Inner-thigh squeezes with overhead triceps extensions*

Sit tall with your belly button pulled in towards your spine, engaging your abdominal muscles; keep your knees together with ankles under the knees. Inhale as you raise your right arm until your elbow is by your ear, palm facing behind you. Exhale as you bend your arm and try to touch your fingers to the back of your shoulder, pressing your knees together. Inhale as you raise the arm back up and relax your inner thighs. Complete 20 repetitions for each arm. Be sure to keep your neck relaxed and your abdominals engaged for good posture.

**LOVE TV BUT NOT
YOUR LOVE HANDLES?**
Stand while watching your
favourite show and sit
during the commercials.

BRUSHING TEETH BEFORE BED

This nightly necessity just screams for multitasking. You know how to clean your teeth by now, so try these easy moves while you brush and floss.

* *Leg lifts*

While brushing upper teeth, do

● **15 rear leg lifts** while you brush the outside; switch legs and repeat.

● **15 side leg lifts** while brushing the inside; switch legs and repeat. Repeat the set while you brush your lower teeth.

* *Rear leg lift*

Standing with your belly button pulled in towards your spine, flex your right foot as you balance on your left leg, keeping the knee slightly bent. Straighten your right leg and raise it behind you as far as you can, keeping your foot flexed and toes towards the floor. Initiate the lift with the top part of your leg, then lower leg to the start position.

* *Side leg lift*

Using the same standing position as the rear leg lift, point your toes forward and shift your weight to the left leg, keeping the knee slightly bent. Be sure to keep your left hip, knee and toes in alignment. Keep your right leg straight with a flexed foot, toes facing forward; raise the right leg straight out to the side. Initiate the movement using your outer thigh and then lower your leg back to the start position. ■

YOUR puzzles



The weather outside is chilly, so grab a cuppa and test your skills

Code cracker

Each number in the grid represents a different letter of the alphabet and it's your task to decode them all. We have

given you three letters to start you on your way, so you can see that B=2, G=3 and L=17. You can record each letter as you

work it out in the letter checker at the bottom, and strike each one off in the columns sitting on either side of the grid.

A
B
C
D
E
F
G
H
I
J
K
L
M

	11	22	18	22			15	25	15	8		2	10	8	11	18	11	1	11	24	
16		25		8			19		13		13		11		1		5		19		22
11	9	9	8	12			2	19	17	17	7	25	4	8	10		25	19	3	14	15
15		13		13			8		8		13		25		24		10		14		25
11	16	16	19	22	8	10			22	16	25	19	10	22		22	8	6	15	13	16
16				15		22					26		2				26				18
25	11	10	22					10	19	9	11	1	11	24		10	8	23	11	26	6
26		8		11		17			9		15		16		25		9		22		13
2	13	17	13	9	3	19	11	17			13	9	18	8	7		15	25	15	11	17
22		8		15		17		13		16				25		13		10		8	
	11	9	15	13		17	19	15	8		26	25	25	10		25	2	25	8		
11		15		6		11				22		2		25		9		9		22	
2	11	13	4	8		2	8	2	25	6		8	12	19	2	8	10	11	9	15	
13		9		10		24		11		17		22		22		7		19		11	
7	13	3	8	22	15		22	17	8	8	23	8	22				22	15	13	10	
13				6				11		9				25		6				17	
9	11	6	18	13	9		8	17	19	7	8	7		2	11	22	8	9	20	13	
3		11		10		2		11		25		11		20		11		8		3	
17	24	16	10	11		8	15	13	21	19	8	15	15	8		17	8	11	16	14	
24		8		9		8		18		10		8		16		26		10		15	
	8	7	13	15	25	10	13	11	17		11	7	13	15		22	11	22	14		

N
O
P
Q
R
S
T
U
V
W
X
Y
Z

1	2 B	3 G	4	5	6	7	8	9	10	11	12	13
14	15	16	17 L	18	19	20	21	22	23	24	25	26

Solutions on page 131

Misprints

One of our puzzle makers has been having a bad day and each of the clues includes a spelling

mistake. You'll need to work out what the spelling mistake is and then solve the puzzle as normal.

ACROSS

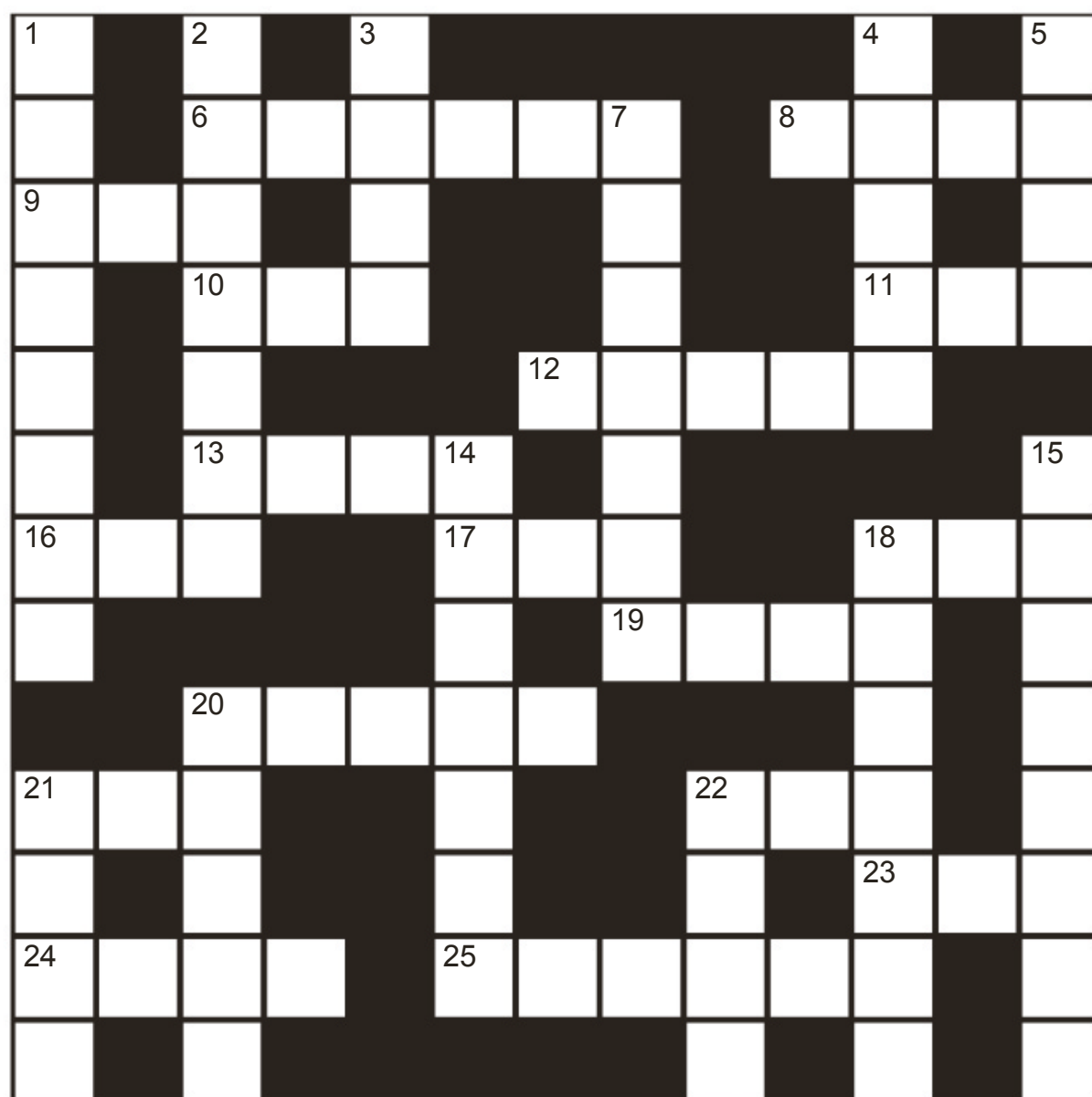
- 6** Agreement, treats (6)
- 8** Informative beard or placard (4)
- 9** Glide across show (3)
- 10** Pale offspring (3)
- 11** Referential fear (3)
- 12** Greater in tears, born earlier (5)
- 13** Organ of shell (4)
- 16** Airborne state of master (3)
- 17** Firth month (3)
- 18** Eucalyptus trek (3)

- 19** Astral bony (4)
- 20** Boss a ball (5)
- 21** Jaw or marmalade container (3)
- 22** Cod vegie (3)
- 23** Normal neckwear (3)
- 24** Consent dwellers (4)
- 25** Secluded, mar away (6)

DOWN

- 1** Incorrectly evacuate (8)
- 2** Dried drapes (7)

- 3** Religious pointing (4)
- 4** Roiled tobacco (5)
- 5** Leg joist (4)
- 7** Sends out droops (7)
- 14** Instil wish confidence (7)
- 15** Having the feast size (8)
- 18** Mare powerful (7)
- 20** Elephant's long dose (5)
- 21** Purse or hex (4)
- 22** Billiard gale (4)



*Puzzles
help to
keep your
brain
alert and
active*

Super sudoku

A super sudoku works on the same logic as a regular sudoku puzzle, but you need to place the numbers 0-9 inclusive, as well as the letters A-F, into each line, row and 4 by 4 box. Good luck!

			F		C	8	B			7		D	1		5
B	D		C			7	9	F		5	E			0	
7		9				4	5				D	2		8	B
	2	4	3	E						B		C			
C	3		D				2			6		B		A	
	F		1	0		A	8			C	3		4		7
		2		D				0	5	A	4		3	6	C
		5			F	6		B		8	9	1		E	2
1	7		4	5	0		F		3	E			6		
2	0	F		B	7	3	E				5		9		
D		A		9	8			4	F		0	7		3	
	B		9		4			8				0		2	F
			5		E						8	A	C	F	
9	8		7	C				5	0				2		D
	C			8	6		3	E	D			5		1	0
3		0	E		5			2	1	F		6			

Turn upside down for puzzle solutions

3	A	0	E	7	5	B	D	2	1	F	C	6	8	9	4
F	C	B	2	8	6	9	3	E	D	4	A	5	7	1	0
9	8	1	7	C	A	F	4	5	0	3	6	E	2	B	D
4	6	D	5	2	E	1	0	7	B	9	8	A	C	F	3
E	B	3	9	6	4	D	A	8	C	1	7	0	5	2	F
D	5	A	6	9	8	C	1	4	F	2	0	7	B	3	E
2	0	F	8	B	7	3	E	6	A	D	5	4	9	C	1
1	7	C	4	5	0	2	F	9	3	E	B	8	6	D	A
A	4	5	0	3	F	6	C	B	7	8	9	1	D	E	2
8	9	2	B	D	1	E	7	0	5	A	4	F	3	6	C
6	F	E	1	0	B	A	8	D	2	C	3	9	4	5	7
C	3	7	D	4	9	5	2	1	E	6	F	B	0	A	8
5	2	4	3	E	D	0	6	A	8	B	1	C	F	7	9
7	1	9	A	F	3	4	5	C	6	0	D	2	E	8	B
B	D	8	C	1	2	7	9	F	4	5	E	3	A	0	6
0	E	6	F	A	C	8	B	3	9	7	2	D	1	4	5

Super sudoku

X	K														
N	U	N	S												
I	U														
J	A	R													
L															
L															
A															
G	A	S													
D															
U															
J	S	O	N												
S	K	I	O												
I	A	C	C	O	R	D									
C															

Myapintu

H	S	A	S												
T															
C	M														
E															
K															
E															
J	A														
B	A	S	E	N	J	I									
O	P														
L															
S	T	I	R												
S															
D	S														
A															
B	E	B	O	P	E	X	B								
S															
N															
O	B	O	E												
I															
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A															
K															

Code checker

Feel better in 5

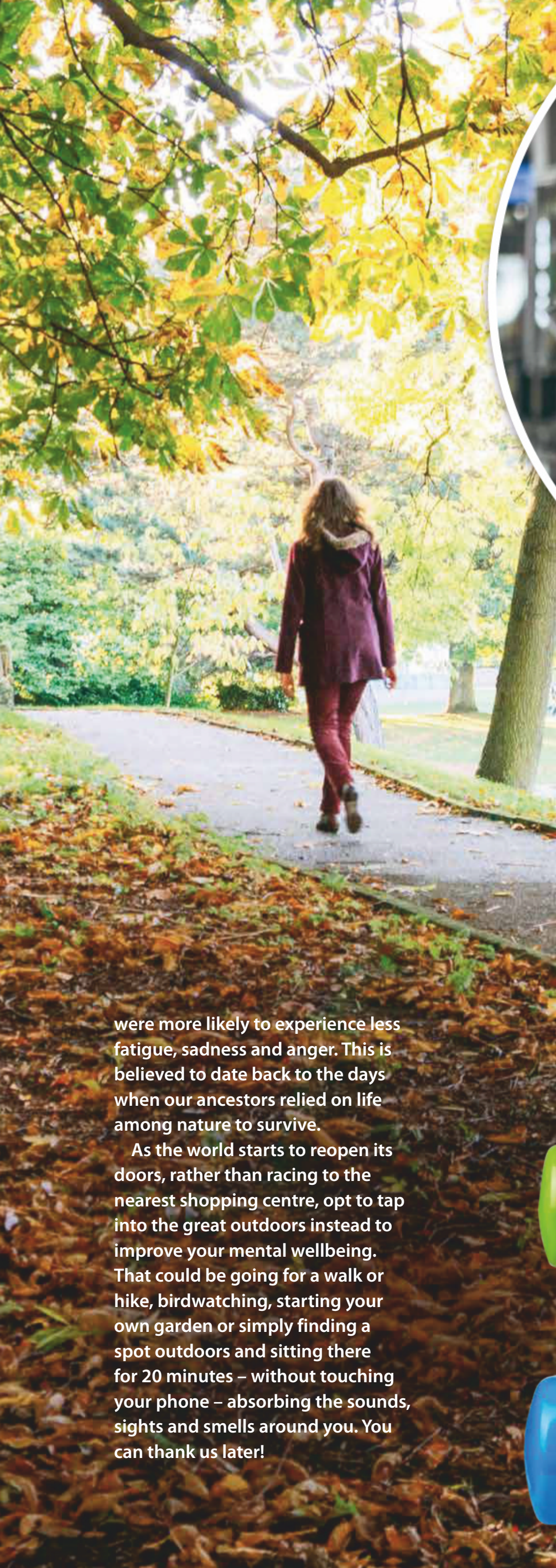
Big changes start with simple steps. Try these ideas to help improve your wellbeing

1 THE MEANING OF LIFE

In today's fast-paced world, it has become increasingly difficult to stop and smell the roses. As Covid-19 forced us indoors, it became obvious that very few of us are slowing down. This is sparking people to refocus their lives and aim for more balance. The Swedish philosophy 'lagom' (pronounced "lar-gohm") simply means, 'Not too little. Not too much. Just right' and is a big part of their culture. "When you learn to take a step back and stop your mind spiralling, you can live life in a more authentic and focused way – embracing and coping with good and bad experiences, and being fully present," writes Linnea Dunne in *Lagom: The Swedish Art of Balanced Living*. Start by prioritising yourself (see page 88). And make time for things you love – including time in nature – and sleep and exercise. As you allow more 'me-time', you will get happier and healthier.

2 ONE WITH NATURE

Did you find lethargy or sadness beginning to kick in when you were stuck seeing the same four walls all day, every day, during isolation? You're not the only one. Nature has long been known to provide positive benefits for humans. A study conducted by the mental health charity Mind found 71 per cent of participants who went for a walk in nature were able to reduce their symptoms of depression, while only 45 per cent were able to reduce symptoms walking through a shopping centre. Researchers in the United Kingdom also found those who exercised in nature (rather than indoors)



were more likely to experience less fatigue, sadness and anger. This is believed to date back to the days when our ancestors relied on life among nature to survive.

As the world starts to reopen its doors, rather than racing to the nearest shopping centre, opt to tap into the great outdoors instead to improve your mental wellbeing. That could be going for a walk or hike, birdwatching, starting your own garden or simply finding a spot outdoors and sitting there for 20 minutes – without touching your phone – absorbing the sounds, sights and smells around you. You can thank us later!



3 BUILD MUSCLE, LOSE FAT

It's no surprise that when you think of weight loss and exercise, you immediately think of cardio. While cardio generally helps you lose weight, this form of exercise does combine a loss of both fat and muscle as you cannot choose what you lose or from where. A study by Penn State University found participants who lost weight through cardio lost muscle and body fat, compared with those who underwent weight training (also known as strength or resistance training) and only lost body fat.

Further studies have found weight training also boosts your metabolism for up to 38 hours post workout. And, the more muscle you have on your body, the more effective this strategy of losing body fat becomes.

Studies have also shown that by running and lifting weights, your body will be 3 per cent more defined than if you only did weights. ➤



good advice

4

SOMETIMES ALL YOU NEED IS A HUG

Although hugging doesn't come naturally to everyone, in quarantine this act has become questionable, leaving some people feeling more isolated. To hug loved ones or not has become fraught.

A study at Carnegie Mellon University in Pittsburgh found those who were regularly hugged felt more socially supported, while researchers at the University of North Carolina concluded those who hugged were associated with lower blood pressure and heart rates during stressful tasks.

Simply put, hugs can deactivate the part of the brain that enforces fight or flight, further resulting in increased serotonin levels. The pressure of a hug helps balance the nervous system and increases the feeling of safety, belonging and being cared for. So, go on – give a loved one a hug!*

**Ensure you follow all government guidelines on Covid-19 safety.*



5

THE CRACKLE OF A FLAME

Winter is well and truly here, and that means it's also the perfect time to socialise in front of the fireplace or a bonfire with a mug of minty hot chocolate in hand (recipe, page 79). Doesn't that sound comforting? But have you ever wondered exactly why?

The hypnotic flicker of a flame on crackling logs has long provided a multisensory experience for humans that encourages us to connect with nature, reduces stress and anxiety, and ultimately helps us to feel calmer and more relaxed. Further, researchers have found the heat from the flame increases blood flow, lowers blood pressure and contributes to the feeling of warmth and comfort.

Many believe we continue to find comfort and enjoyment in the

dancing lights and crackling sounds provided by a fire – alongside the cosy warmth and distinctive smell! – as it takes us back to prehistoric times, when the people around in the Stone Age would use the fire to cook food and warm their bodies, as a weapon to ensure their safety, as a way to extend the hours of the day and illuminate the darkest of places and, equally importantly, as a way for them to socialise.

If you don't have access to a fireplace or bonfire, lighting a woodwick candle (a candle with a wick that crackles like a burning log) or playing "crackling fireplace" on

YouTube is enough to start connecting with nature and reaping the benefits. ■



BREAKFAST & TOPPERS

- 66 Basic porridge ●●
- 66 Gluten-free porridge ●●●
- 68 Grilled fig and ginger ●●
- 68 Spiced raisins and apple ●●
- 68 Tahini, date and toasted almonds ●●
- 68 Vanilla yoghurt and maple blueberries ●●

LIGHT MEALS, SNACKS & STARTERS

- 79 Avocado, cheese & tomato melt ●
- 44 Chunky butternut mulligatawny ●●●
- 44 Crab bisque with lemony croutons ●
- 35 Eggplant & chickpea stew ●●●
- 79 Minty hot chocolate ●●
- 34 Pasta e fagiolo ●●●●
- 79 Quick cheesy bean potato ●●
- 58 Roasted sweet potato & kale hash ●●●
- 55 Roasted sweet potato wedges with coriander & almond smash ●●●

- 59 Sweet potato tortilla soup ●●●
- 44 Thai prawn & peanut noodle soup ●
- 29 Vietnamese-style sandwiches

MAINS

- 39 Beef and broccoli ●●
- 65 Beef bourguignon ●●
- 61 Chicken, barley & root vegetable soup ●●
- 25 Chicken cauliflower fried rice ●●
- 27 Chilli beef tortillas ●
- 56 Chilli stuffed sweet potato ●
- 28 Creamy chicken and salad rolls ●
- 21 Creamy chicken, pumpkin & pecan pasta ●
- 51 Creamy tomato, zucchini & prawn pasta ●
- 26 Creamy turkey and spinach pasta bake
- 35 Danish-style yellow split pea soup ●●●
- 20 Harissa-crumbed fish with lentils & peppers ●
- 52 Hearty pasta soup

- 45 Herby chicken and butter bean soup ●●●
- 39 Honey-orange chicken ●●
- 22 Kale, meatball & cannellini soup ●●●
- 64 Lemony prawn & pea risotto ●
- 21 Pork noodle stir-fry ●
- 50 Pumpkin & bacon fusilli ●
- 47 Spinach kedgeree with spiced salmon ●●
- 34 Slow cooker ratatouille ●●●
- 38 Sweet and spicy beef stew ●●●
- 59 Sweet potato, fish & curry stew ●●
- 22 Sweet potato nachos ●●
- 52 Tuna arrabiatta pasta gratin ●

DESSERTS

- 53 Classic crepes ●●●
- 74 Honey-baked apples with hazelnuts and yoghurt ●●●
- 75 Mulled wine winter puddings ●●
- 74 Spicy apple crumble ●●
- 74 10-minute winter fruit compote ●●●
- 79 60-second dessert ●●



KEY ● Freezable ● Gluten free ● Gluten-free option ● Vegetarian ● Lower carb

COOKING All our recipes are designed for a fan-forced oven. If you have a conventional oven, you'll need to increase the temperature by 10-20°C, depending on your oven. All recipes are tested in a 1000W microwave oven.

FREEZING Pack individual serves into airtight containers. Label with the recipe name and date. Main meals will generally freeze for three to six months, with three being optimal. To reheat, put the dish in the fridge overnight to defrost (never leave it on the bench overnight) or defrost on low/30% in the microwave. Reheat on the stove, in the oven, or microwave it on medium/50%, depending on the dish.

GLUTEN FREE When a recipe ingredient is tagged 'gluten free' it may either be branded gluten free or gluten free by ingredient – please check the label to ensure the product is suitable for you. **Note:** Some spices carry a 'may contain' statement. It is important to check the label of packaged products to ensure they are gluten free.

LOWER CARB When a recipe is tagged 'lower carb' it means it is less than 2 carb exchanges for a main or light meal and less than 1 carb exchange for a snack or dessert. This may be beneficial for people who are trying to control their type 2 with diet and/or medication. If you are on insulin and planning to follow a lower-carb diet, speak to your care team first.

PRIORITY SUBSCRIPTION FORM

☒ **YES!** I would like to receive 2 FREE issues and save 47% on my *Diabetic Living* **ONLY \$35.99** for 8 issues.

MY DETAILS

Mrs/Ms/Miss/Mr: _____

First name: _____

Surname: _____

Address: _____

Postcode: _____

Daytime phone: _____

Email: _____

Date of birth: _____

☐ Please do not provide information about me to any organisation not associated with this offer.

GIFT RECIPIENT'S DETAILS

(Please also fill in your details above when giving a subscription as a gift)

Mrs/Ms/Miss/Mr: _____

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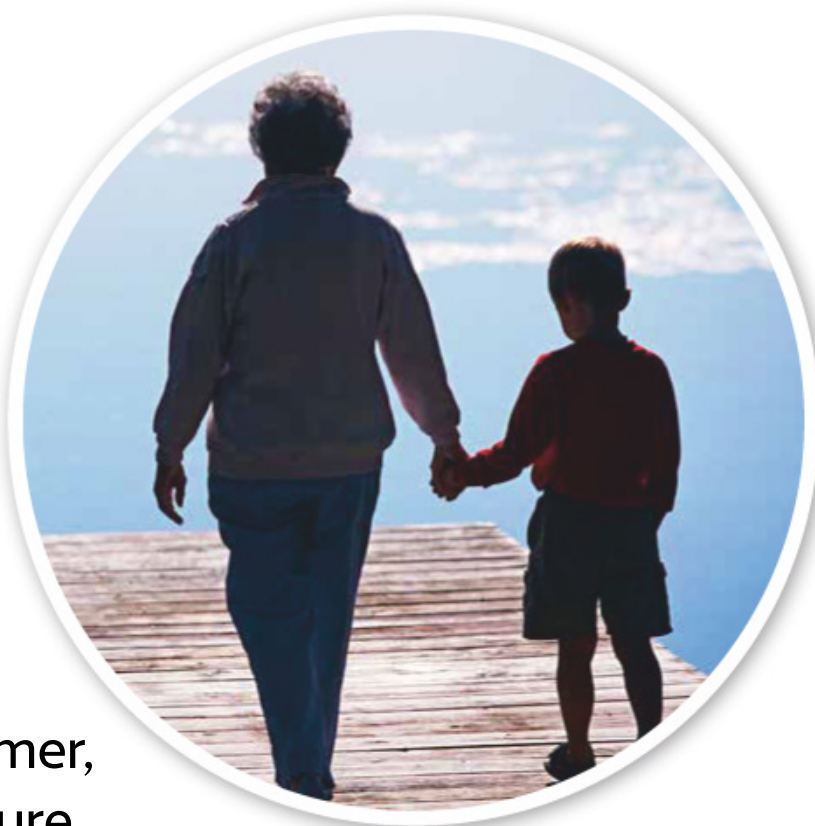
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Hope FLOATS

Our resident type 1 columnist, Rob Palmer, measures the impact of hoping for a cure



Technological advances in diabetes are coming thick and fast and sometimes it's easy to be misled as to where they may take you.

Since my diagnosis more than 35 years ago, purely through her great love and care for her grandson, my grandma, Gwen Taylor, always looked out for news clippings and articles about advances in research that would ultimately be seen as a window of hope and opportunity towards a life without type 1.

She would cut them out and call my mum, who would get hold of them to show me. I'd read the articles, process the discovery or breakthrough and think "I wonder if this is the one?"

At the very least it was a nice feeling to know someone else was hopeful and loved me enough to share that hope through the delivery of good news.

But it didn't take too long to realise that although breakthroughs and discoveries were important, both for me and the medical industry trying eternally to make the big discovery, they shouldn't build an anticipation or excitement that was too hard to maintain.

Hope is a great emotion, and part of many a great success story, but I feel too much of it misplaced can ultimately lead to disappointment.

My key to managing hope was to realise science was doing the best job possible and was eventually going to make a difference – perhaps even find that

elusive cure – but I was going to have to put myself in the best position possible to take advantage of the science when it caught up with my expectation.

I remember a few years back when testing became available to predict the chance of type 1 in my children. "No thanks!" was my reaction to that little beauty.

The accuracy wasn't perfect and I figured that what would be, would be. Even if I knew to expect it, the worry would surely strip the fun out of many

things. I decided to adopt a "let's be as healthy as possible attitude" that we didn't have to succeed at all the time. I reckon a little bit of unhealthy living can be as good for the mind's mental stability as healthy living is for the body.

It makes me feel good to play on as though diabetes will never show up, and if diabetes does come knocking, I'm sure I'll know what to look for.

Well... we are still waiting for the cure, but I am not disappointed, or in anything close to the position I was in those years ago with my management. The hope is still there for the day medicine hits the jackpot, but I'm not expecting it and certainly won't be disappointed if I don't see it come.

Technological advances are continually making living with type 1 easier and less intrusive. I'll take that as my win and use those advancements in management to live the best life I can. These days, the stories of the cure around the corner are better used by me as reminders of my grandma, and all the love she had. ■



**The hope is
still there
that medicine
hits the
jackpot**

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